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WEARY WALRUSES WITH
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ASHORE IN ALASKA **PAGE 19**



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Sending this Silicon Valley service
your spit for DNA analysis could
reveal genetic health risks **PAGE 18**

Why did we forget Lillian Freiman?

Historians say First World War
philanthropist and Ottawa
should be commemorated **PAGE 5**

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Going unter-cover on Uber?



Uber officially launched its rideshare app in Ottawa on Wednesday. City officials said anybody who does not have a taxi licence, or a company such as Uber that's not a licensed taxi broker, could face fines up to \$20,000 for each offence. LUCY SCHOLEY/METRO

'Bandit' cabs. City may use stings to lay charges against rideshare app, users

LUCY
SCHOLEY
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Ottawa could send out under-cover police officers to do sting operations on Uber, city officials said on Wednesday after the rideshare app officially rolled out.

After weeks of buzz, Uber launched UberX, a rideshare app that connects passengers to drivers. Uber claims it's cheaper than standard cab fees.

Susan Jones, the city's general manager of emergency and protective services, said Uber is operating "no differently than what we call a ban-

dit cab — operating without a license."

So the city is prepared to lay charges against anybody who does not have a taxi license, or a company such as Uber that's not a licensed taxi broker. Fines can reach \$20,000 under the Highway Traffic Act for each offence, plus additional fines under municipal bylaws. Jones said she does not yet know the "magnitude of work" that this would involve, in terms of lawyers' time and legal fees, but said the city has been dealing with the illegal taxi industry for years.

Uber is offering passengers their first 10 rides for free until Sunday up to a \$20 maximum. Free rides are not illegal, Jones said, but the city is "cautioning" against anybody getting in a ride-share vehicle that's not city-inspected.

"We have very strict rules.

There's requirements for criminal record checks on the drivers," she said. "There's a requirement for cameras in the cars, as well as inspections."

A man in San Francisco was recently hospitalized after an Uber driver allegedly bashed the man's face with a hammer, according to a Forbes article.

Jeff Weshler, Uber's general manager overseeing the launch in Ottawa, said the company takes safety very seriously and would deactivate any problematic driver. Uber is still a new concept, but the company wants to collaborate with the city, he said.

"We're a technology company. We don't own any vehicles. We don't employ any drivers. We don't dispatch any requests," he said. "There's no street hailing on our platform. It's not an anonymous interaction. You know who your driver is. Your driver knows who you are."

Coun. Mark Taylor, chair of the community and protective services committee, said he has nothing against competition in the taxi industry, but said that Uber has to comply with city bylaws.

Quoted

"It's not an anonymous interaction. You know who your driver is. Your driver knows who you are."

Jeff Weshler, Uber's general manager overseeing the launch in Ottawa on the company's commitment to safety

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FIVE THINGS YOU NEED TO KNOW TODAY

1 JAZZ UP YOUR THURSDAY NIGHT

The Miguel de Armas Latin Jazz Quartet will perform at Southminster United Church at 15 Aylmer Ave. in Old Ottawa South at 7 p.m. tonight. Tickets are \$15 and can be purchased at the door.

2 DOCUMENTARY BUFFS, TAKE NOTE

The second annual University of Ottawa Human Rights Film Festival starts tonight with the screening of The Supreme Price, a feature-length documentary that traces the evolution of the pro-democracy movement in Nigeria.

3 HOT SPOTS

Mobile techies rejoice: San Francisco has launched free Wi-Fi access at more than 30 public parks, plazas and recreation areas, thanks to a \$600,000 grant from Google. Here at home, Calgarians and Edmontonians already enjoy this luxury, and Vancouver may be next.

4 GET YOUR RUSH ON AGAIN

The popular Rush Hour movie franchise is on its way to becoming an action-comedy series executive-produced by Bill Lawrence, creator of Scrubs and Cougar Town, and by Brett Ratner, who directed the three feature films.

5 SURREY SIX VERDICT

Two men accused in the Surrey Six murder, in which six people were executed in a Vancouver-area highrise seven years ago, will learn their fate today. Two of the victims were innocent bystanders.

They wanna go Crazy on you

CBC's Comedy Coup.

Local comic giving live audience a look at her trailer for competition entry Crazy Chicks



STEVE COLLINS
ottawa@metronews.ca

The details

Where: Absolute Comedy and Rare's Comedy Thursday, 570 Kanata Ave.

When: 8:30 p.m.

Tickets: \$10

Jenn Hayward takes the stage as host of Absolute Comedy and Rare's Comedy Thursday this week with some ambitious new material: a video trailer for Crazy Chicks, the sitcom she hopes CBC will carry next year.

The Ottawa comic has entered CBC's Comedy Coup, competing with would-be creators across Canada for a half-hour special with a \$500,000 budget. While the broadcaster puts entrants through a 10-week development process, fans vote online for their favourites.

"It's pretty awesome that 134 entries went in and that's how many people want to create content for Canadian comedy," Hayward said. "I think that's great. But I want everybody to vote for us!"

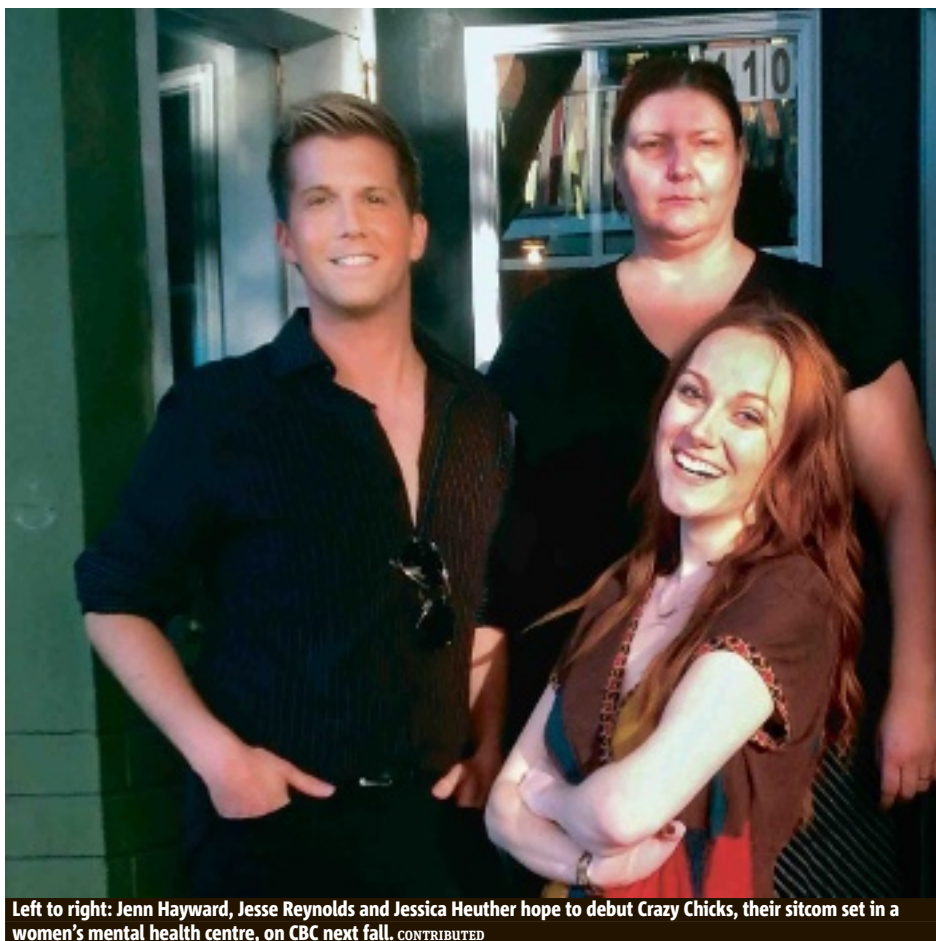
Every entrant produced a 90-second teaser for their show,

but Thursday night's live audience will see a special extended version.

"Ninety seconds is not a lot of time, as you can imagine, and we wrote some jokes and things that just didn't end up getting put in," Hayward explained.

After producing a one-woman show, Jesus Even Loves a Crazy Horny Feminist, Hayward has backup this time, working on Crazy Chicks with co-stars Jessica Heuther and Jesse Reynolds.

"I wanted to develop a nice feminist comedy so I came up with this and got my other two cohorts involved and we just started rolling and having a lot of fun with it," she said. "We're going to go ahead and do this no matter what happens after the Comedy Coup. This is the show we want to make."



Left to right: Jenn Hayward, Jesse Reynolds and Jessica Heuther hope to debut Crazy Chicks, their sitcom set in a women's mental health centre, on CBC next fall. CONTRIBUTED

1 NEWS



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- Counter-terrorism.



Elliott Youden

Ottawa gay-rights activist denied bail

An Ottawa gay-rights activist was denied bail Wednesday after being charged with aggravated sexual assault and extortion of a 16-year-old boy.

Elliott Youden, 33, was remanded into custody and is scheduled to appear in court by video link on Friday.

Police said Tuesday they opened an investigation after

receiving a complaint from the boy following an incident in Lowertown on Saturday evening.

Youden was acquitted of aggravated sexual assault in June after a 25-year-old complainant alleged the accused did not disclose his HIV-positive status before they had sex.

Evidence presented in court Wednesday in the new case is under a publication ban and cannot be reported.

JOE LOFARO/METRO

Debra Avenue

Cops investigating weekend shooting

The Ottawa police Guns and Gangs Unit is investigating a shooting after six spent shell casings were found in the 900 block of Debra Avenue on Sunday.

Police were called about the shooting Sunday afternoon, but believe the incident happened in the early morning hours.

Six .22-calibre casings were found and no injuries were reported, police said.

Anyone with information is asked to call the Guns and Gangs Unit at 613-236-1222 ext. 5050.

Anonymous tips can be submitted by calling Crime Stoppers at 613-233-8477 (TIPS), toll-free at 1-800-222-8477 or by downloading the Ottawa Police iOS app.

JOE LOFARO/METRO

Councillor says biweekly trash pickup in the summer stinks

Waste opportunity.

Coun. Wilkinson says odours keep people from using green bins during the hot weather



STEVE COLLINS
ottawa@metronews.ca

City Coun. Marianne Wilkinson says Ottawa should return to weekly garbage pickup, at least during the summer when the green bins intended for organic garbage can be at their nastiest.

"The problem is they won't use the green bin because of the problems they have with odours and various other things in the hot weather," she said.

The Kanata North councillor, who is running for re-election, voted for the current biweekly schedule, which was intended to save money and reduce the amount of waste

sent to landfills. But she thinks a resumption of weekly pickup in the summer would help residents who are still learning how to use their green bins.

"I don't think we have done a good job of teaching people how to do it," she said. "They got a form when they got their green bin and it's on the website, but that's about it and we have to do more than that."

Wilkinson said she's heard from about 1,000 constituents, and in the absence of weekly pickup, some are just dumping their garbage in city parks.

Mayor Jim Watson doesn't support the idea.

"I think we have to stay the course because it's the right thing to do economically and it's the right thing to do environmentally," he said. "I've been to every different ward and I can tell you I see more people putting their green bin out today than I did four years ago." WITH FILES FROM LUCY SCHOLEY/METRO



Mayor Watson casts his vote

Mayor Jim Watson casts his ballot — for Bay Ward Coun. Mark Taylor, he said — at city hall on Wednesday, the first of three special advance voting days. Advance polls will also be open Thursday and Friday from 8 a.m. to 8 p.m. at city hall, Ben Franklin Place and the Ottawa Public Library's Cumberland branch. Advance vote days in all wards are Oct. 9 and 18. Election day is Oct. 27. STEVE COLLINS/FOR METRO

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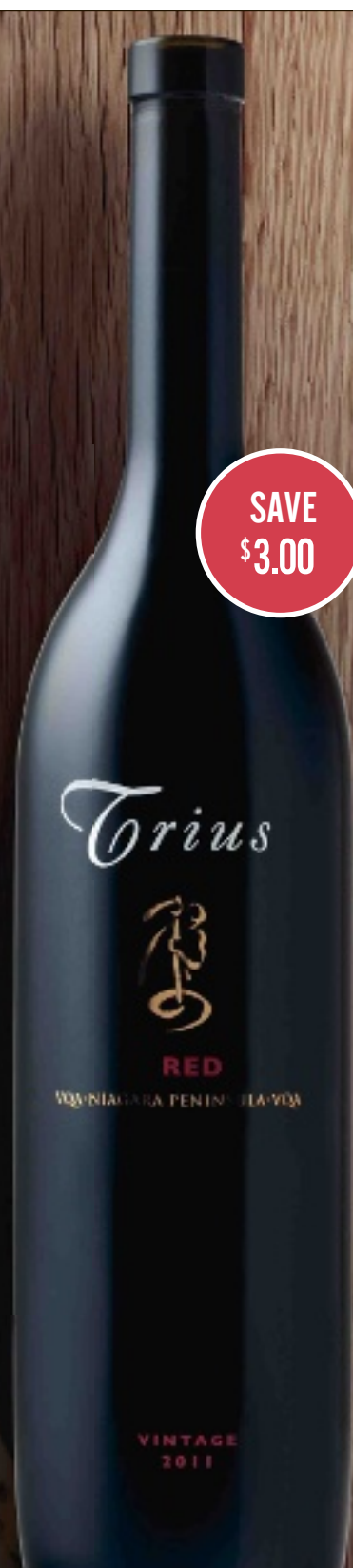
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A studio portrait of Lillian Freiman, a First World War-era philanthropist who founded the precursor to the Royal Canadian Legion. COURTESY OTTAWA JEWISH ARCHIVES

Vimy Memorial Bridge

City committee OK bridge renaming

Ottawa's transportation committee members voted Wednesday to recommend the city rename Strandherd-Armstrong Bridge to Vimy Memorial Bridge. Members of the Royal Canadian Legion suggested the name to commemorate the First World War battle of Vimy Ridge. **METRO**

Toronto

Two charged after cops sniff out weed brownies

Two men are facing drug charges after police say officers on patrol in an east Toronto neighbourhood found a big batch of pot brownies.

Police say officers were patrolling Monday when they found two men in

possession of about 3.5 kilograms of individually wrapped brownies, infused with marijuana.

It's alleged the men were planning to sell the brownies to young people in the community and students of a nearby high school.

Waleed Mohamed and Moshan Afzal, both 18, have each been charged with possession of marijuana and possession for the purpose of trafficking.

THE CANADIAN PRESS

Gatineau

Police warn of credit card fraud

Gatineau police are warning residents of a mail theft and fraud scheme. A Blainville Que. man faces 60 charges of credit card fraud after police say he stole mail to get information to obtain and activate credit cards. Aldo Samario was arrested Sept. 10 and is scheduled to have a bail hearing Oct. 2. **METRO**

Lest we forget: WWI's 'poppy lady' recalled

Ottawa's own. Historians say capital should do better job of honouring Lillian Freiman

She was nicknamed the "poppy lady" for bringing the red-flowered campaign to Ottawa and founded the precursor to the Royal Canadian Legion, but Lillian Freiman's real name is not widely recognized today.

The First World War-era philanthropist and pioneer does not seem to have any plaques dedicated in her name in the capital — something some local historians feel is a shame considering all she's done for the city and Canada.

Freiman is perhaps best known for her work in assisting veterans of the First World War. Not even 30 years old when the war broke out, Freiman set up 30 sewing machines in her home and organized Red Cross sewing circles to send blankets and clothing to the soldiers overseas. She helped found The Great War Veterans Association — the precursor to the Royal Canadian Legion. Inspired by poppy campaigns in the United States and France, she adopted the fundraiser, through the Legion, in 1921.

Also in that year, Freiman worked to bring 150 Jewish war orphans from the Ukraine to Canada. In 1934, she was the first Jewish Canadian to be awarded the Order of the British Empire for her work with the war veterans.

Born in 1885 in Mattawa Ont., Freiman was the eldest

'Poppy lady'

Hadaya will be giving a lecture on Freiman's life at the Bytown Museum on Thursday, Oct. 2 at 6 p.m. Admission is free. The museum is located on the lower locks of the Rideau Canal at the Ottawa River just below Parliament Hill.

daughter of Moses Bilsky and Pauline Reich — Ottawa's earliest Jewish settlers.

According to the Ottawa Jewish Archives, she "grew up to be very spirited and highly intelligent; almost unusual traits at the time" and was dedicated to serving her community. At 18, she married prominent businessman Archibald J. Freiman, who owned a major department store.

When she died in 1940, her coffin was covered in bright red poppies. But in the 74 years since then, "she really has been forgotten" in the general public, said Hagit Hadaya, an architectural historian. "She should be better recognized because there's so much commemoration about the First World War and she contributed so much towards the effort."

There's an exhibit on Freiman's life at the Bytown Museum. Executive director Robin Etherington said the philanthropist is well known in the Ottawa Jewish Archives, but less so in the mainstream. "Each generation becomes aware of our heroes and this exhibition is bringing her to light again," she said. **LUCY SCHOLEY/METRO**



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f t p in

Health experts show different levels of concern over Ebola risk

Health. While local doctor says risk is 'negligible,' medical professor says increased global travel makes potential outbreak 'a ticking time bomb'



LUCY SCHOLEY
lucy.scholey@metronews.ca

The risk of the Ebola virus spreading from the United States to Ottawa is "non-existent," says a local health official, but hospitals are still on high alert for any potential cases.

Tuesday's news that the viral disease infected one patient in Dallas, Texas, should not worry anyone in Ottawa, said Dr. Rosamund Lewis, associate medical officer of health with Ottawa Public Health (OPH).

"The risk of it spreading from Dallas is negligible. It's non-existent, really," she said.

Still, OPH has been in contact with local hospitals, the Champlain Local Health Integration Network, immigrant communities and universities for any potential Ebola cases in the city.

Dr. Lewis said the bigger concern is with people

travelling to Ottawa from areas in West Africa where there has been an Ebola outbreak (Guinea, Liberia, Sierra Leone, Nigeria and separately the Democratic Republic of Congo).

Travellers landing in Ottawa from these countries should tell their doctor and OPH. Then they should monitor their temperature twice a day for 21 days for early signs of illness. The virus shows symptoms between two and 21 days after exposure.

Early symptoms of Ebola are akin to the regular flu: fever, headaches, sore throat, vomiting and chest pain. But in the later stages, it turns to hemorrhagic fever, which can cause internal and external bleeding or death.

The disease is not airborne, but can be spread through bodily fluids. At the early fever stage, the risk of spreading the illness is relatively low.

University of Ottawa mathematics and medical professor Robert Smith said he's "absolutely" concerned about an outbreak in Ottawa.

"We are very bad at containing diseases, and the increase in global travel has only made this more likely," he wrote in an email. "An outbreak like this is a ticking time bomb."

But his colleague Dr. Earl



Nowa Paye, 9, is taken to an ambulance after showing signs of the Ebola infection in the village of Freeman Reserve, about 30 miles north of Monrovia, Liberia, on Tuesday. Health officials say the risk of the virus spreading to Ottawa is negligible, but do have plans in place to contain infection and monitor patients who might exhibit symptoms. JEROME DELAY/THE ASSOCIATED PRESS

Brown, an emeritus professor at the university's faculty of medicine, said Canada is

better prepared for disease epidemics since the SARS outbreak of 2003.

"I think Canada is more sensitized than many countries, and I think a lot more

procedures (are) in place, so I wouldn't be quite so pessimistic as Dr. Smith," he said.



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SUNDAY OCT. 5:

Try local products at the Farmers' Breakfast (10am to 12pm)

Discover food carving with chef Manoj (1pm to 4pm)

Join a guided tour of the farmers' stands (departures @ 1:30pm and 3pm)

SATURDAY OCT. 11:

Learn everything there is to know about food in Ottawa with Foodie Prints and authors Don & Jennifer Chow (1pm to 3pm)

SUNDAY OCT. 12:

Watch a live pumpkin carving demo with artist Mowafak Nema (1pm to 3pm)

Join a guided tour of the farmers' stands (departures @ 1:30pm and 3pm)

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Ottawa police, province ask top court to block wrongful prosecution lawsuit

Romeo Phillion.
Ontario Court of Appeal made mistakes, lawyer for police service says

The longest-serving inmate in Canada to have a murder conviction thrown out faces a potential new obstacle in his bid to sue those involved in his prosecution.

Ottawa police and the province of Ontario are asking the Supreme Court of Canada to block Romeo Phillion, who spent 31 years in prison protesting his innocence, from pursuing his lawsuit for negligence and prosecutorial wrongdoing.

"They're ragging the puck," his lawyer, David Robins, said Wednesday. "(They're) hoping that he's going to get old and pass away while they appeal."

"I just wish they would com-

pensate me for all those lost years so I can live my remaining years with some financial security," Phillion said Wednesday night in a release.

While it is far from certain the country's top court will agree to hear the appeal, Phillion's supporters are unhappy at having to fight anew simply to have his lawsuit considered on its merits.

Now in his mid-70s, Phillion was convicted of second-degree murder in 1972 in the death of Ottawa firefighter Leopold Roy based on a confession he recanted almost immediately.

He was jailed for life but always refused to seek parole, saying it would amount to an admission of guilt.

The federal government ultimately referred the case to the Ontario Court of Appeal, which quashed his conviction and ordered a new trial in 2009. The Crown then withdrew the charge, arguing too much time had passed to try him again.

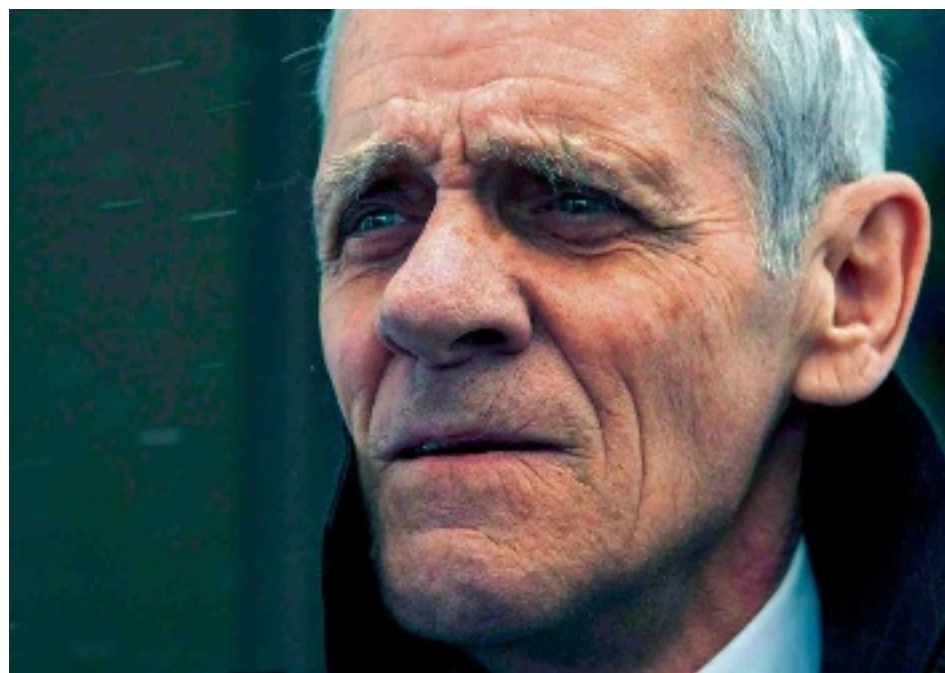
In quashing the conviction, the Appeal Court found that police had initially verified an alibi showing Phillion's innocence but never told the defence about it, apparently because investigators subsequently found it to be untrue.

Phillion sued for \$14 million, alleging negligence and wrongdoing by prosecutors and two Ottawa police officers.

In April last year, an Ontario Superior Court justice decided the suit would be an abuse of process because the Appeal Court had already rejected suggestions of wrongdoing by police or Crown and that too much time had passed to try Phillion's claim now.

However, the Court of Appeal ruled in July that Phillion should at least have a chance to put his case to a jury.

"The approach that they took raised significant issues with respect to the doctrine of abuse of process," Boggs said Wednesday. **THE CANADIAN PRESS**



Romeo Phillion is seen during a break in his appeal trial at the Ontario Courthouse in Ottawa, Monday Feb. 1, 2010.
SEAN KILPATRICK/THE CANADIAN PRESS

Privacy can be protected on sex offender registry, cop says at teen pimp trial

Even if the Crown gets what it wants and a convicted teen pimp is put on the Ontario Sex Offenders Registry and sentenced as an adult, the young woman's identity on that registry will be a closely kept secret.

A court heard sentencing submissions Tuesday concerning a young woman who ran a prostitution ring that operated in Ottawa's south end in 2012.

Court was told there are stringent measures in place to control access to the registry and guard offenders' privacy.

Staff Sgt. Dana Reynolds of the Ottawa police testified Wednesday that only trained police officers have access to the database.

"It's very clear in the legislation that we are obligated to protect the offender's privacy," said Reynolds.

Police also take certain precautions when visiting the offender's residence to confirm their home address.

"We don't use marked cars, we don't use officers in uniform," said Reynolds.

Before a judge found the young woman guilty in Janu-

Prostitution ring

The ringleader of a teen pimping ring was convicted in January on a slew of charges, including human trafficking of a person under 18, abduction, child luring, sexual assault, making child pornography, and possessing child pornography.

- Two of the woman's co-con-

spirators entered surprise mid-trial guilty pleas. One has been sentenced, while the other girl is expected to be sentenced in November.

- The court heard on Tuesday that she used violence or the threat of violence to force teen girls as young as 13 into sex work.

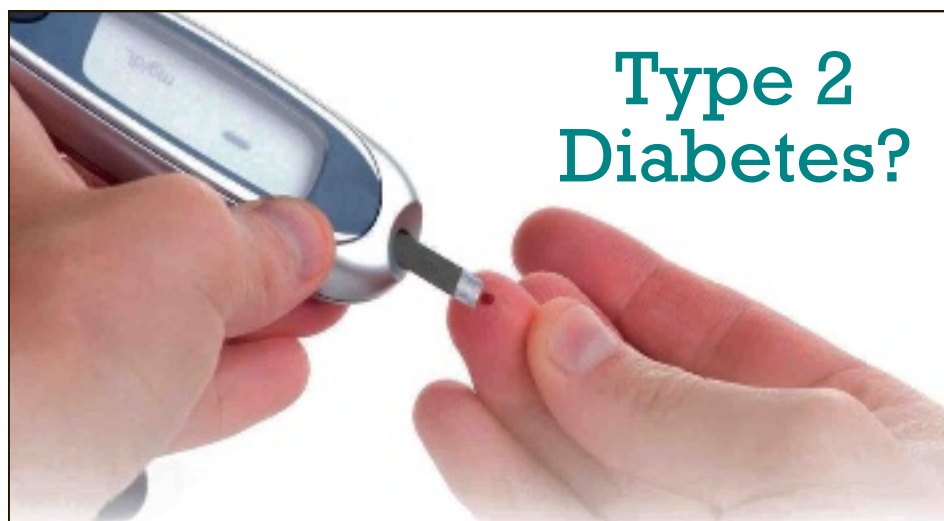
Quoted

"It's very clear in the legislation that we are obligated to protect the offender's privacy."

Staff Sgt. Dana Reynolds, with the Ottawa police

offenders are protected by a publication ban, but under provisions of the Youth Criminal Justice Act, such bans are automatically lifted if a young person is given an adult sentence.

JOE LOFARO/METRO



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Anti-cyberbullying curriculum will save lives, teen's mom says

Canadian Centre for Child Protection.

Laureen Harper says the money was 'very well spent'

A mother who says her daughter was driven to suicide by relentless cyberbullying says a new curriculum will help combat a lack of empathy shown by teens online and save lives.

Leah Parsons said the teaching material, introduced by the Canadian Centre for Child Protection in Winnipeg on Wednesday, gives her hope for the future.

"We live in a digitized world that is not going to change," she said. "The online world can be very desensitizing and I feel that empathy for others is lost.

"Imagine the mistakes we all made as teenagers. Now imagine these mistakes being caught on film, on camera and then imagine being ridiculed over and over again."

Rehtaeh Parsons was taken off life support in April 2013 after a suicide attempt. The 17-year-old girl's family says she was sexually assaulted in 2011 and then subjected to months of online bullying.

Another teen, 15-year-old Amanda Todd from British Columbia, committed suicide in 2012 after being extorted for two years. She exposed herself while on a webchat and the image was used to blackmail her into putting on another "show" online. She posted a heartbreaking, nine-minute video online detailing



Leah Parsons, mother of Rehtaeh Parsons, a victim of cyberbullying, speaks at a press conference at the Canadian Centre for Child Protection in Winnipeg on Wednesday. JOHN WOODS/THE CANADIAN PRESS

Talking about cyberbullying

"I hope it's going to open up a whole new conversation about the impact social media has on our children ... It's time to make a change."

Leah Parsons, mother of Rehtaeh Parsons, talks about the new teaching material introduced by the Canadian Centre for Child Protection.

her torment before committing suicide.

The curriculum, which is available to all teachers across Canada, is aimed at kids in Grades 7 through 10. The material touches on sexual exploitation, sexual violence and healthy relationships. It was funded by a \$100,000 gift from the federal government

to mark the birth of Prince George of Cambridge.

If the consequences of cyberbullying had been openly discussed in schools, Parsons said her daughter's tormentors might have thought twice.

Laureen Harper, wife of Prime Minister Stephen Harper, said she's pleased teachers will have access to materials that

will help keep children safe.

"I think the money was very well spent," Harper said at the launch. "They tackle head-on some of the most vile and disturbing activities, behaviour that makes your skin crawl and heart break."

Lianna McDonald, executive director of the Canadian Centre for Child Protection, said the centre is seeing a steady increase in the number of teens struggling with cyberbullying.

Today's teens are dealing with a mix of normal adolescent risk-taking, technology and sexual violence that no other generation has faced, she said. **THE CANADIAN PRESS**

Social media. Facebook apologizes after deleting accounts with drag names

Facebook is apologizing to drag queens and the transgender community for deleting accounts that used drag names like Lil Miss Hot Mess rather than legal names such as Bob Smith.

The world's biggest online social network caught heat recently when it deleted hundred of accounts belonging to self-described drag queens, other performers and members of the lesbian, gay, bisexual and transgender community. Facebook has long required its users to go by their "real names" on the site for security purposes, to stand out from other social net-

works and so it can better target advertising to people. Now, the company says the spirit of its policy doesn't mean a person's legal name, but "the authentic name they use in real life."

"For Sister Roma, that's Sister Roma. For Lil Miss Hot Mess, that's Lil Miss Hot Mess," Chris Cox, Facebook's vice-president of product wrote in a blog post.

Last month, the company suggested that performers such as drag queens have other ways of maintaining their stage identities on the site, such as creating pages that are meant for businesses and public figures.

THE ASSOCIATED PRESS

NFL. Scandal is making people talk about domestic violence: Gloria Steinem

Feminism pioneer Gloria Steinem says that if anything good has come from the NFL's domestic violence scandal, it's that we're actually talking about domestic violence.

"When the women's movement started, there was not even a term called domestic violence," the 80-year-old activist said in an interview. "It was just called life."

International human rights organization Equality Now announced Wednesday it will honour Steinem for her six decades of work for women's rights. Actress Salma Hayek Pinault will also be recognized

for her efforts to end violence against women and girls at the organization's gala fundraiser Nov. 3 in Beverly Hills.

U.S. Department of Justice statistics show as many as a third of female murder victims are killed by intimate partners.

As the nation discusses domestic violence, Steinem urges people to consider that "the most dangerous time for a woman is when she is about to escape or has just escaped" from an abuser. Steinem said she admires Hayek Pinault, her fellow Equality Now honoree, for both her artistic and activist work. **THE ASSOCIATED PRESS**

Jury convicts Dunn of first- degree murder

Jordan Davis shooting.

Florida prosecutors did not seek death penalty, but Michael Dunn faces mandatory life sentence



Michael Dunn
THE ASSOCIATED PRESS

A jury convicted a Florida man on Wednesday of first-degree murder in his retrial for killing a teenager after an argument over loud music.

Prosecutors said Michael Dunn shot with intent to kill when he fired 10 times into a sports utility vehicle carrying 17-year-old Jordan Davis and three of his friends in November 2012. The jury reached its verdict after more than five hours of deliberations.

Dunn, who took the stand in his own defence, said he fired in self-defence. He told jurors that he saw Davis flash what he believed to be a rifle

after the two exchanged words outside a convenience store.

Investigators never found a gun in the SUV or in the nearby area, and Davis' three friends testified that there was no gun.

Dunn was convicted of three counts of attempted second-degree murder in February and faced at least 60 years in prison. The jury in the first trial deadlocked on the first-degree mur-

der count, which led prosecutors to retry him.

Prosecutors didn't seek the death penalty, which means Dunn now faces a mandatory life sentence.

Throughout the second trial, prosecutors portrayed Dunn as a cold-blooded killer. Dunn never called police after firing into the SUV, and afterward he went back to his hotel, made a drink, ordered pizza, walked his dog and went to sleep.

After learning on the news about Davis' death, Dunn drove home and did not contact authorities until they called him.

Before the verdict, Davis' parents, Ron Davis and Lucia McBath, said they never expect to hear condolences from Dunn.

"Ron and I don't expect that he'll ever apologize to us, you know, and that's not even a concern of ours because we know that we raised a good human being," McBath said.

THE ASSOCIATED PRESS

Mexico

Girl kidnapped 12 years ago alive

Authorities say a Texas girl reported kidnapped 12 years ago has been found with her mother in Mexico, and that the mother is now facing charges in the United States.

The FBI says 17-year-old Sabrina Allen was found Tuesday night in Mexico City. She was reported missing by her father in 2002, after the then-four-year-old girl vanished after a weekend visit with her mother.

The teen and her mother, Dara Llorens, were flown back to Texas early Wednesday. Llorens is now jailed in Austin on an aggravated kidnapping charge and being held on a \$300,000 bond.

Gregory Allen said during a news conference with Austin police that he's looking forward to giving his daughter a hug. Authorities didn't reveal the teen's whereabouts. THE ASSOCIATED PRESS

Mexican military. As evidence accumulated, 3 charged with homicide

A timeline of official statements about the slaying of 22 suspected gunmen by soldiers in rural Mexico:

June 30: A Mexican army patrol confronts armed suspects in south Mexico at a half-finished grain warehouse. The military issues a statement saying they came under fire and then returned gunfire, killing 21 men and one woman.

July 1: Mexico State Gov. Eruviel Avila publicly thanks the army for its "bravery" and firmness in the confrontation.

July 3: Associated Press reporters visit the warehouse and find similar patterns of one or two closely placed bullet holes, giving the appearance that some of those killed were standing against a wall and were hit by carefully placed shots at chest level.

July 15: The Mexican government and prosecutors' office issue a statement declaring the forensics tests show there was an equal exchange

of gunfire and that there was no evidence of any possible executions.

Sept. 17-18: The Associated Press and Esquire Latinoamerica publish the testimony of a witness — one of the alleged kidnap victims — who says 21 of the suspects were executed by soldiers after surrendering.

Sept. 25: The army issues a statement saying eight involved in the confrontation were taken to a military prison on charges of disobedience and dereliction of duty.

Sept. 27: Top security official, Miguel Angel Osorio Chong, says "it is clear that this is just an isolated incident, and not the behaviour of our great army."

Sept. 30: Federal prosecutors announce homicide charges against three of the soldiers. Attorney General Jesus Murillo Karam says they had opened fire on the people inside the warehouse with no justification whatsoever.

THE ASSOCIATED PRESS

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Safe and sound. Spanish scientist rescued after spending 12 days in cave

A Spanish speleologist has been rescued after 12 days trapped about 400 metres underground in a Peruvian cave in the country's remote Amazon region.

Rescuers brought 44-year-old Cecilio Lopez out of the mouth of the cave Tuesday to cheers from an international team of 107 people, who joined in the effort to get him out after he was injured deep in the cave. The rescuers, who included 58 Spaniards, hugged each other in excitement.

Peruvian civil-defence of-

Injured in the fall

Not only was Cecilio Lopez trapped for 12 days in a cave 400 metres underground, he also had a troubling injury.

- **Injured back.** Doctors have diagnosed Lopez with two injured lumbar vertebrae.

officials said he would be flown in an air-force helicopter to Lima. **THE ASSOCIATED PRESS**

India

Train crash kills 12

A train overshot a stop signal and plowed into another express passenger train in India's northern Uttar Pradesh state, killing 12 people and injuring dozens, officials said Wednesday.

Three coaches of the

Barauni Express derailed and toppled over after the Krishak Express crashed into it near Gorakhpur city station late Tuesday, said Madhuresh Kumar, an Indian railways general manager. The Krishak Express driver and his assistant were suspended after it was determined that they overshot a stop signal before the crash. **THE ASSOCIATED PRESS**

Mount Ontake eruption death toll climbs to 47



Rescuers conduct a search operation near the peak of Mount Ontake in central Japan on Wednesday. Rescue efforts for people missing since Saturday's surprise eruption resumed Wednesday morning. **THE ASSOCIATED PRESS**

Police paint 'severe' picture. Japan's most fatal postwar-era volcanic eruption also left nearly 70 injured

One body recovered near the volcano's peak was in a squatting position and had to be dug out of a thick layer of ash. Another was caught between boulders bigger than large refrigerators. Police who recovered the bodies Wednesday portrayed a painful scene of death around the summit where hikers enjoying an autumn weekend were surprised by the mountain's eruption.

The death toll from Saturday's eruption on Mount Ontake — one of the country's 110 active volcanoes — in central Japan rose to 47, Nagano police said in a statement. While ash and gases were spewing from the crater,

search teams wearing surgical masks and helmets carried devices to measure the toxicity of the gases to make sure it was safe to be on the slopes.

Ontake's was the most fatal eruption in postwar history, exceeding the 43 killed in the 1991 eruption of Mount Unzen in southern Japan.

Japanese authorities mobilized CH-47 helicopters to bring the last of the bodies down to the foot of Mount Ontake from the summit, where police said they found many of the bodies.

Nagano police riot-unit leader Mamoru Yamazaki described the rescue scene as "severe."

Authorities said all of the known victims have been recovered, but the decision on whether to end the search is still being evaluated.

In addition to the 47 lost lives, nearly 70 were injured as they tried to escape down the mountain.

THE ASSOCIATED PRESS



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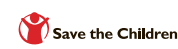
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Protesters vow to occupy buildings

Hong Kong. Families, students, retirees and foreigners who live in the city join protesters

Raising the stakes in their standoff with authorities, Hong Kong's pro-democracy protesters threatened to occupy government buildings unless the territory's top official resigns by the end of Thursday.

The Chinese government, meanwhile, appeared to be losing patience. An editorial solemnly read Wednesday on state TV said all Hong Kong residents should support authorities in their efforts to "deploy police enforcement decisively" and "restore the social order in Hong Kong as soon as possible." The Communist Party-run People's Daily warned of "unimaginable consequences" if the protests persist.



Demonstrators in Stockholm, Sweden, show their support for pro-democracy protests in Hong Kong on Wednesday. CLAUDIO BRESCIANI/THE ASSOCIATED PRESS

Protesters heckled Hong Kong Chief Executive Leung Chun-ying on Wednesday when he arrived for a flag-raising ceremony to mark the anniversary of the 1949 founding of Communist China. Hundreds yelled at him to step down, then fell silent and turned their backs when the ceremony began. In his

speech, Leung did not mention the protesters, but told the crowd it would be better to agree with Beijing.

Turning up the pressure on leaders in Beijing, sympathy protests sprang up in Macau, a former Portuguese colony that China took over in 1999, and in Taiwan, which China claims as its own. **THE ASSOCIATED PRESS**

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A sea-floor scan reveals one of the missing ships from the Franklin Expedition in an image released in Ottawa on September 9.

PARKS CANADA/THE CANADIAN PRESS

Franklin ship Canada found is HMS Erebus

Prime Minister Stephen Harper says the shipwreck found in the Arctic last month is HMS Erebus, the vessel on which Sir John Franklin himself sailed in search of the Northwest Passage in 1845.

The discovery of the wreck, found some 11

metres below the surface in the Queen Maud Gulf, was confirmed Sept. 7, but was not identified until now.

The two ships of the Franklin Expedition and their crews, 129 members in all, disappeared during an 1845 quest for the Northwest Passage.

Since 2008, Parks Canada has led six major searches for the lost ships, which were the subject of many searches throughout the 19th century.

The mystery of exactly what happened to Franklin and his men has never been solved. **THE CANADIAN PRESS**

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An ambulance pulls into the Dallas Fire-Rescue station 37 in Dallas, Wednesday. transported tested positive for Ebola. LM OTERO/THE ASSOCIATED PRESS

Canada potential

Low risk. Hospitals have been alerted to be on the lookout for possible cases among people who have travelled to West Africa

Health Minister Rona Ambrose and Dr. Greg Taylor, head of the Public Health Agency, say the country has been preparing in case an Ebola case arrives in Canada.

They insist the risk of that happening remains low, but say much work has been done to beef up the country's ability to respond should it happen.

The two spoke at a news conference called to address concerns raised by Tuesday's announcement that a Dallas, Texas, hospital diagnosed Ebola in a man who recently travelled to the state from Liberia, one of the hardest hit countries.

Taylor says the Public Health Agency has worked with Canada Border Services Agency and with airlines to advise them on what to do about passengers who appear to be ill while flying or when trying to enter the country.

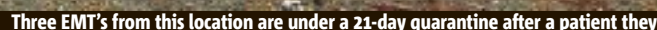
Hospitals have been alerted to be on the lookout for possible cases among people who have travelled to West Africa.

Taylor says the Public Health Agency is considering sending doses of an experimental Ebola vaccine to hospitals that have been designated to look after Ebola cases if they occur, so health-care workers could use it if they have a risky exposure to a patient.

The vaccine was developed at the agency's National Microbiology Laboratory in Winnipeg.

Provincial laboratories are working to develop the ability to test for Ebola, with Quebec's facility already capable of doing so, Taylor says. Provincial labs in Ontario, British Columbia, Alberta and Nova Scotia will soon be able to test for the virus as well, he says.

"They can rule out Ebola very, very quickly," Taylor says. "And if they get a preliminary positive they will ship that to our laboratory (in Winnipeg) and we will do a definite positive to be absolutely certain. And that's part of the preparedness in case somebody does get through, comes to Canada with Ebola." **THE CANADIAN PRESS**



preps for Ebola case

U.S. Ebola patient

Dr. Mark Lester, who works for the hospital's parent company, said a nurse had asked Duncan whether

Duncan has been kept in isolation at the hospital since Sunday. He was listed in serious but stable condition. **THE ASSOCIATED PRESS**

The agency took the action against Apotex Pharmachem India. Apotex

The agency says until it is satisfied that production processes at the three sites meet international standards, it will keep these products off the market.

THE CANADIAN PRESS

A new threat is emerging in the outbreak of the respiratory illness enterovirus D68 — a small number of infected patients in Canada and the U.S. have developed polio-like symptoms.

Health officials in British Columbia say two young

males hospitalized with the respiratory virus have developed paralytic symptoms: A child is experiencing weakness in one arm that has not improved for nearly a month, while a teen also developed weakness in one arm and is still on a breathing machine after being hospitalized for about the same period.

The two patients live several hundred kilometres apart and have no connection to one another, B.C. officials said. **THE CANADIAN PRESS**

[illegible]

Karadzic genocide trial. Ex-Bosnian Serb leader insists he is innocent

Former Bosnian Serb leader Radovan Karadzic insisted Wednesday that prosecutors at the UN's Yugoslav war-crimes tribunal do not have "a shred of evidence" linking him to atrocities during the Bosnian war and accused them of trying not only him but all Bosnian Serbs.

Still, Karadzic acknowledged that as wartime leader of the breakaway Serb entity in Bosnia, he "bears moral responsibility for any crimes committed by citizens and forces."

1992-95 war

Karadzic is charged with crimes including genocide and persecution committed by Bosnian Serb forces during the 1992-95 war that left 100,000 dead.

The 69-year-old accused prosecutors of building their case on "allusions, random chit-chat (and) testimony by their own employees."

THE ASSOCIATED PRESS

Terror charges dropped

Former Gitmo detainee walks free

British prosecutors dropped terrorism charges Wednesday against former Guantanamo Bay detainee Moazzam Begg, just days before he was due to stand trial for allegedly attending

a terrorism training camp in Syria in 2012-2013 and for funding terrorism, among other charges.

Prosecutors acknowledged new evidence had emerged that undermined the case. Begg walked free after spending seven months in prison awaiting trial.

THE ASSOCIATED PRESS

Jun Lin's ex testifies at Magnotta's murder trial



Feng Lin, left, an ex-boyfriend of victim Jun Lin, leaves the courtroom after testifying at the murder trial of Luka Rocco Magnotta on Wednesday in Montreal. RYAN REMIOWZ/THE CANADIAN PRESS

Stayed friends. Feng Lin says he stopped getting texts from Jun Lin on the day friends last saw slain student

Jun Lin was a fitness buff who didn't smoke, drink or do drugs, a former lover of the slain Chinese student told court during Luka Rocco Magnotta's first-degree murder trial.

Feng Lin testified Wednesday that he and Jun Lin, 33, were lovers from late 2010 until mid-May 2012, not long before some of Jun Lin's remains were found in trash outside a Montreal apartment building.

Feng Lin, a 35-year-old software company manager who travelled from China to testify, said Jun Lin's family did not know their son was homosexual. "He was experi-

encing some pressure from his family and he was kind of obliged to go into a relationship with a girl for an eventual marriage," Feng Lin said.

Feng Lin, who has permanent resident status in Canada, went to China for the summer on May 13, 2012, less than two weeks before Jun Lin was slain.

The witness testified they remained friends when the relationship ended and that he texted Jun Lin up to 50 times a day, with his ex-lover's last message coming on May 24, 2012. That was the day friends last saw the Concordia University student.

He said he asked friends in Montreal to look for Jun Lin, but they were unsuccessful. He then decided to come back to Canada. While in transit, he was told by a friend about a video online that appeared to show Jun Lin. THE CANADIAN PRESS



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Bombing. Airstrikes in Mideast launched amid intelligence gaps: Officials

The Pentagon is grappling with significant intelligence gaps as it bombs Iraq and Syria, and it is operating under less restrictive targeting rules than those President Barack Obama imposed on the CIA drone campaign in Pakistan and Yemen, according to current and former U.S. officials.

The U.S. military says its airstrikes have been discriminating and effective in disrupting an al-Qaida cell called the Khorasan Group and in halting the momentum of Islamic State militants. But independent ana-

lysts say the Islamic State group remains on the offensive in areas of Iraq and Syria, where it still controls large sections.

And according to witnesses, U.S. airstrikes have at times hit empty buildings that were long ago vacated by Islamic State fighters.

Human rights groups also say coalition airstrikes in both countries have killed as many as two dozen civilians. U.S. officials say they can't rule out civilian deaths but haven't confirmed any.

THE ASSOCIATED PRESS

Trained troops

Just 26 Canadian special forces 'advisers' in Iraq, according to email

The number of Canadian special forces soldiers advising Iraqi and Kurdish forces

is much smaller than originally thought.

Foreign Affairs Minister John Baird has apparently confirmed in an email to the Opposition NDP that only 26 of the highly trained troops are deployed in and around Irbil, in northern Iraq.

THE CANADIAN PRESS

White House breach suspect pleads not guilty

Court. Omar J. Gonzalez's lawyer entered the plea on his client's behalf

A man accused of jumping a fence at the White House pleaded not guilty Wednesday to charges that he ran into the presidential mansion while carrying a knife.

A lawyer for defendant Omar J. Gonzalez, David Bos, entered the plea on his client's behalf in a 20-minute proceeding that grew contentious because of a disagreement between Bos and U.S. Magistrate Judge Deborah Robinson.

Wearing a standard prison-issue orange jump suit, Gonzalez sat attentively at the defence table but did not address the court.

Robinson wants Gonzalez to undergo a forensic screening to determine

whether he is competent to stand trial.

Bos opposed that, telling reporters he does not want to provide the government with an extensive amount of information about his client that would be revealed by a forensic screening.

Bos said Gonzalez is competent to stand trial, an assertion that marked the start of a dispute over whether Gonzalez will have to undergo the screening.

A three-count federal grand jury indictment issued Tuesday accuses Gonzalez of unlawfully entering a restricted building while carrying a deadly weapon, a federal charge. He also was indicted in the Sept. 19 incident on two violations of District of Columbia law — carrying a dangerous weapon outside a home or business and unlawful possession of ammunition.

THE ASSOCIATED PRESS



This courtroom artist's rendering shows U.S. Magistrate Judge Deborah Robinson, left, presiding during Omar J. Gonzalez's case in court in Washington on Wednesday. DANA VERKOUTEREN/THE ASSOCIATED PRESS

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Health Canada cracking down on flavoured tobacco

Candy-flavoured cigars appear on display at a custom tobacco shop in Albany, N.Y., in 2013. In Canada, the federal government is aiming to crack down on flavoured tobacco products that target young smokers. Health Minister Rona Ambrose is proposing regulatory amendments that would further restrict access to the items. Ambrose also says she's asking the federal standing committee on health to study the potential risks and benefits of so-called e-cigarettes and to seek the advice of health experts.

HANS PENNINK/THE ASSOCIATED PRESS

Your genes unlocked

DNA. 23andMe now offers ancestry and genetic health info to curious Canadians

By the numbers

\$199

The cost of the service.

Canadians interested in learning about their DNA can now send their spit to 23andMe, a Silicon Valley company, and receive information about their ancestry and reports on their genetic health risks.

The service, which has been banned in the U.S., analyzes participants' DNA and, through its website, provides information about customers and their family members based on their genetics.

Customers receive a report on their ethnic ancestry and are given the option of connecting with their unknown relatives in the 23andMe database.

Canadian customers receive access to 108 health-related reports on genetic risk for health conditions, drug responses, genetic traits and inherited conditions.

23andMe used to offer a similar health report service in the U.S., but it was banned from doing so by the Food and Drug Administration for failing to provide the FDA with information to support the claim that its reports are accurate.

23andMe CEO and co-founder Anne Wojcicki said the company is working with the FDA to gain approval, but that it

didn't have to jump the same regulatory hurdles in Canada.

"We've come here a number of times and met with Health Canada," she said. "We got the specific feedback that we are not a therapeutic. Therefore we do not require pre-market approval."

The health-related information 23andMe offers Canadian customers ranges from frivolous to serious. For example, customers will automatically see if they have a high or low tolerance for caffeine.

However, they have to opt-in to learn if they have mutations of the BRCA gene that present a high risk for breast cancer, the LRRK2 and G2019S mutations that present a risk for Parkinson's, or variants of the APOE gene that present a higher risk for Alzheimer's. They are given information about the link between the genes and the diseases before choosing to opt-in.

Customers can also download their raw genetic information and share it with their doctor.

JESSICA SMITH CROSS/METRO

Next week Metro will take a look at the implications of 23andMe and commercial genetic testing.

Market Minute

DOLLAR
89.51¢ (+0.22¢)

TSX
14,805.44 (-155.07)

OIL
\$90.73 US (-0.43¢)

GOLD
\$1,215.50 US (+\$3.90)

Natural gas: \$4.02 US (-\$0.10)
Dow Jones: 16,804.71 (-238.19)

Crime. Former SNC executive pleads guilty on corruption, bribery charges

SNC-Lavalin says it will recover \$16 million after a Swiss court accepted a guilty plea from a former senior executive accused of fraud, corruption and money laundering.

The Federal Crime court of Switzerland accepted the deal Wednesday and sentenced Riadh Ben Aissa, SNC's former head of construction, to time served. Ben Aissa has already been in prison for 29 months.

Ben Aissa acknowledged in court that he bribed Saadi Gadhafi, son of Libya's late dictator Moammar Gadhafi, so SNC-Lavalin could win contracts

Not done yet

SNC-Lavalin said it reserves the right to seek additional funds from Ben Aissa after he is extradited back to Canada.

in the north African country. He also admitted to pocketing commissions.

The conviction paves the way for Ben Aissa's extradition to Canada, where he is accused of fraud worth an estimated \$22.5 million involving the McGill University Health Centre,

one of Canada's largest infrastructure projects.

The Canadian Department of Justice said it doesn't comment on foreign prosecutions, or when the convicted fraudster could return to face charges.

The Swiss court also ordered Ben Aissa to forfeit his Paris apartment.

CBC said Swiss prosecutors dropped an embezzlement charge because it wasn't clear to what extent SNC-Lavalin knew of the payments to companies held by Ben Aissa.

THE CANADIAN PRESS

True. Pepsi launching mid-calorie soda option

There's Pepsi, Diet Pepsi and now, Pepsi True, a mid-calorie version of the soda made with natural sweeteners.

PepsiCo Inc. said Wednesday the latest version of its flagship soda will have 30 per cent fewer calories than regular and be made with a mix of sugar and stevia, a natural sweetener with no calories.

The drink will go on sale later this month on Amazon.com before eventually being rolled out to supermarkets and other traditional outlets, according to the company. It will come in 7.5-ounce cans, each 60 calories.

As Americans keep cutting back on soda, Coca-Cola and Pepsi have been looking for ways to win back customers

by addressing concerns about the high-fructose corn syrup in regular soda as well as the artificial sweeteners in diet sodas.

Executives have pushed to come up with formulas with fewer calories using only natural sweeteners. But the bitter aftertaste of some natural sweeteners has made that a struggle. The solution so far has been to add at least some sugar — and, therefore, some calories.

In the meantime, Coca-Cola also is testing a version of its soda in the southeastern U.S. that's made with sugar and stevia. That drink, called Coca-Cola Life, comes in eight-ounce glass bottles and has 60 calories per bottle.

THE ASSOCIATED PRESS

Security

Kimmel the most dangerous celeb online: McAfee

If you're about to Google Jimmy Kimmel, beware.

Computer security company McAfee says the talk show host is the most dangerous celebrity to search for online.

The company said Tuesday that a search for Kimmel carries a 19 per cent chance of landing on a website that has tested positive for spyware, viruses or malware.

Other celebrities McAfee deems dangerous this year include Ciara, Flo Rida, Bruce Springsteen, Chelsea Handler and Christina Aguilera.

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THE HIDDEN COSTS OF FLYING (FOR DUMB PEOPLE)

I'm in favour of the new checked-baggage fees on Canadian airlines because, when it gets right down to it, I'm in favour of anything that will get everybody else to stop flying.

I like flying myself. Literally, I like flying *myself*.

Unfortunately, flying is more popular than ever, even as airlines charge for everything "extra," such as the wings. At this rate the oxygen masks will all be coin-op and the flight attendants will tell you not to blow up your life jacket until you've paid the Emergency Improvement Fee. Inflation these days.

The airlines' new fees caused a media tizzy and led to a series of helpful TV pieces letting you know that you can avoid checked baggage if you:

- Wear all your clothes at once à la the snowsuit in A Christmas Story.
- Roll what you can, including T-shirts and your iPhone 6.



HE SAYS
John Mazerolle
metronews.ca

- Condense all your rage at airline fees down into an angry little ball deep in your soul, where it won't bother anyone. For now.

Airline customers are upset, but if it keeps them on buses or motorcycles or skiffs then, by all means, charge them a landing-gear fee during final approach.

I'll be cool with that, because the fewer people in the air with me, the better. Every time I fly my thought is always the same: has nobody ever flown before?

It starts at the airport. EVERYBODY lines up for the plane at the first sign of boarding as if the pilot is out front revving the engine and

honking the horn because he has to get to Newark before the liquor store closes.

People have told me this is because passengers want to get good space for their overhead baggage, but I maintain it's because they are not the sharpest tool on the banned-items list.

Why? Because they do the same thing when it's time to get off.

During boarding I'm amused, but while disembarking it drives me nuts. Passengers leap to their feet the second the plane stops — with the door closed, the stairs missing, no space to stand up and a layout that requires you to exit one row at a time. All so you can rush to a baggage carousel that has no baggage on it yet.

So everybody's annoyed at flying right now, including me, but I have a compromise that could help: airlines should drop the proposed checked-baggage fees and instead make up costs by charging for all in-flight idiocy. I call them Facepalm Fees.

Even putting aside the rush to get on and off, airlines could introduce penalties for leaning on aisle seats as you walk (\$5), talking to flight attendants like they're servants (\$100) or whomping your seat backward during the meal (summary execution).

Another solution would be for me to relax, but I'm afraid it's impossible with all this emotional baggage.

But don't they know climate change is a myth?



Main: Pacific walrus off the coast of Alaska. **Inset:** in this aerial photo, some 35,000 walrus gather on shore near Point Lay, Alaska.

MAIN: U.S. FISH AND WILDLIFE SERVICE/THE ASSOCIATED PRESS; INSET: COREY ACCARDO/NOAA/THE ASSOCIATED PRESS

Weary walrus come to shore in record numbers

Pacific walrus that can't find sea ice for resting in Arctic waters are coming ashore in record numbers on a beach in northwest Alaska.

An estimated 35,000

walrus were photographed Saturday near Point Lay, an Inupiat village more than 1,000 kilometres northwest of Anchorage, according to the National Oceanic and Atmospheric Administration.

The gathering of walrus on shore is a phenomenon that has accompanied the loss of summer sea ice as the climate has warmed.

Pacific walrus spend winters in the Bering Sea. Females give birth on sea ice and use ice as a diving platform to reach snails, clams and worms on the shallow continental shelf.

Unlike seals, walrus cannot swim indefinitely and must rest. They use their tusks to "haul out," or pull themselves onto ice or rocks.

THE ASSOCIATED PRESS

The walrus speaks

"The walrus are telling us ... that the Arctic environment is changing extremely rapidly and it is time for the rest of the world to take notice."

World Wildlife Fund's Margaret Williams

MetroTube



The amazing underground race



ANDREW FIFIELD
andrew.fifield@metronews.ca

A while back, a London man took one of those Race The Subway To The Next Stop challenges, dashing his way to the sweet reward of collapsing onto the floor of a subway in an exhausted heap. Well, another Londoner named Anthony wanted in on the challenge. There's just one twist, however. Anthony uses a wheelchair to get around, which makes racing to a station that may not be terribly accessible — like many transit stations around the world — trickier than usual. (The Free Help Guy/YouTube)



GETTY FILE

Comments

RE: Half the World's Animals are Gone: The First Step is Admitting We're the Problem, published online Oct. 1, 2014

Fear not, I'm sure we have people in the field doing all they can to finish off the other half.

Maple Syrup, posted to metronews.ca



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 34 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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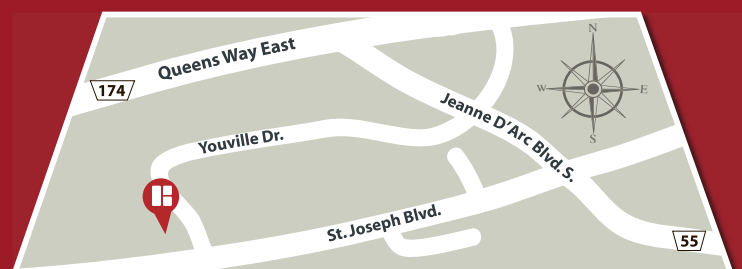


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Rocking and rolling their way to personal pride, self-esteem

Girls rock. Three-day band camp for teenage girls helps reaffirm the fact they have the 'right to be loud'



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

A low-cost rock camp for girls, run solely by volunteers, aims to not only teach girls how to rock, but also how to become empowered.

Ottawa Rock Camp for Girls (ORC4G) is a three-day camp for 13- to 17-year-olds who want to learn how to rock out on the guitar, bass or drums.

Founded in 2007, ORC4G is a non-profit organization funded mainly through donations. It's run by a core group of about 20 volunteer female musicians and music lovers, some of whom have been involved with the camp for years.

"Musically speaking, we start with the basics of each instrument," says longtime volunteer teacher co-ordinator and drum instructor Laurie Stewart.

"For drums, we'll show them how to set up a drum kit, how to hold drumsticks and how to play a standard rock 'n' roll drum beat."

After spending a full day familiarizing themselves with their instrument of choice, campers then select a song they will spend the following day learning how to



The Ottawa Rock Camp for Girls teaches participants how to play an instrument, perform in a band and believe in themselves. SARAH GRANT

Soul music

This year's Ottawa Rock Camp for Girls takes place from Oct. 24 to 26.

- **Registration.** Fee is \$20 per person. Go to ottawarockcampforgirls.com.
- **Space is limited.** No experience is necessary.

play, before performing it at the end of the camp.

Throughout the weekend, the young rockers are also taught all about sound check, how to hold a microphone, singing techniques and how to listen and communicate with their bandmates.

"We have workshops on women in rock, stage presence, being a female musician in Ottawa, vocal warm-ups. It's about music, but it's also about empowerment," says Janine Frenken, the

camp's general co-ordinator.

"We teach girls how to play music, but our all-important byproducts are self-esteem, pride, anti-bullying and teaching girls that they have the right to be loud," adds guitar teacher Mel Sturk.

"Rock 'n' roll can empower young women and strengthen not only our local music scene, but the overall strength of our community through young girls believing in themselves and each

other."

Treasurer Devin Cook says one of the main perks of the camp for the volunteer organizers is being able to provide a group of young girls with an outlet to support each other.

"Even if the campers chose not to continue with music, I believe their accomplishments at the camp will help give them confidence that they can use in other endeavours."

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News worth sharing.

Buck 65 bares it all on divorce album

Neverlove. Singer wonders if he can perform such raw songs as *Baby Blanket* or *Love Will F— You Up*

If you listened to Buck 65's newest record without knowing he was trumpeting it as his "divorce album," it wouldn't take long to figure it out.

First there's the cover, and its image of wilted flowers sitting on an unmade bed. Then there are the track titles: *Heart of Stone*, *That's the Way Love Dies* and *Love Will F— You Up*. And when you finally listen, the very first song, *Gates of Hell*, features the alt-hip-hop veteran trying his hand (or lungs) at scream therapy.

Of course, fans of the artist otherwise known as Rich Terfry will already know many of the details of his personal life. His website features a crushing first-hand anecdote about the day "a few years ago" when his wife left. He's also written a book on the subject. And he's discussing the entire ordeal in interviews to promote the record, out this week.

So among the questions put to him: Why be so specific about the real-life inspiration of *Neverlove*, when so many artists sing about personal material and then refuse to talk about it?

"I made the songs without really considering consequences, which is to say I wasn't even really thinking about the idea that people would hear it eventually," said Terfry, open and upbeat during a recent interview at a Toronto café. "And when I was confronted with that re-



Buck 65 (Rich Terfry) wrote the songs for *Neverlove* after his wife walked out on him. NATHAN DENETTE/THE CANADIAN PRESS

ality for the first time, admittedly, it was terrifying.

"(But) I've experienced the same thing as well, where you hear a record, it sounds like there's a lot going on, you want to hear what the musician has to say about it, and then they refuse to say anything or they get defensive, like: 'How would you like it if I asked you that question?'"

"Well, you're putting yourself out there. Not me. I mean, it's ridiculous. So I feel that, in being a professional and having offered this thing up, I gotta be accountable for it and talk about it and support it."

As he prepared for interviews he figured would be emotionally trying, Terfry revisited the album and the

Raw emotion

"I made the songs without really considering consequences ... I wasn't even really thinking about the idea that people would hear it eventually."

Musician Rich Terfry, on what he's calling his "divorce album"

feelings that inspired it — a strange experience, given that he is miles away from that headspace now.

In writing, the Halifax-born Terfry wanted to reflect his surroundings as he worked, spending most of his waking hours in his dark, empty house (literally empty, he points out, since his wife had taken her stuff with her when she left).

So aside from occasional excursions — for instance, super-silly dance-pop tune

Super Pretty Naughty, crafted in concert with Swedish producer Marten Tromm, and the softly sung piano-pop tune *Superhero in My Heart* — the songs are busy, electronic and reflect his desire for an album that sounded "cold."

"As I have the tour looming ahead of me, I'm questioning, will I be able to perform these songs at all? Is a bar on a Friday night the right setting for a song like *Baby Blanket*? Is that what people want at midnight on

Flip side

Ex-wife liked the album, but only once

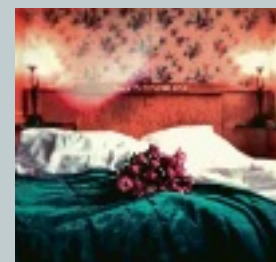
For those wondering about what his ex makes of all this soul-baring, well, you're not alone; Terfry wondered, too.

As he describes the initial breakup — on the album, on his website, in person — he came home from work to find his wife's wedding ring along with a note reminding him to feed the cat. By that point she was already on a plane heading elsewhere, and she didn't come back. He hasn't seen her face in years.

They did talk in the aftermath of the split, though, a daily indulgence that was both "comforting" and "detrimental." Although they eventually worked away from that regular communication, Terfry still felt as though he needed her to hear *Neverlove*.

"I was terrified to send it to her," he said, noting that some of the angriest songs were ultimately cut. "Some of them were tough — really, really angry. Anger directed sometimes at myself but sometimes at her."

"She's really smart.



When I first met her, she was in school studying art history. She has this appreciation for art, and she already liked my music.

"I give her credit for (saying): 'I can put (aside) my own feelings about things to say I think you did some really good work here, but I can also see you're working through some things and that's good, you need to do that.'"

If she was hurt, he insisted, "the only thing she said was, 'I'm glad you sent that to me and I'm glad I heard it, but I don't think I'll be able to listen to that one again.'"

"But it was important to me for her to hear it first," he explained. "And I hesitate to say (it was) to get her approval, but in a way, deep down, maybe that's what I was looking for. If she said, 'I'm not OK with this,' I'm not sure I would have been able to go on ahead and share it with everyone."

a Friday?" he mused, referencing perhaps the album's most affecting track, seemingly written about the faded possibility of expanding the family.

"People have been granting me permission to do it," he added later. "I think they

can appreciate that it takes some bravery on my part to do it. I made this thing and I have to go out and ... run this thing out there on the road.

"So this will be what this year is in an exercise: How much guts do I have?"

THE CANADIAN PRESS

Writers' Trust. Miriam Toews is among finalists for \$25,000 Canadian fiction award she won in 2008



Miriam Toews

RANDOM HOUSE OF CANADA

Toronto novelist Miriam Toews has once again made the short list for the Rogers Writers' Trust Fiction Prize.

The Steinbach, Man., native, who won the prize for 2008's *The Flying Troutmans*, is a finalist for this year's \$25,000 award for *All My Puny Sorrows* (Knopf Canada). The heartbreaking story of a writer dealing with her sister's depression is also on the long list for the Scotiabank Giller Prize.

Toews also won the 2010 Writers' Trust Engel/Findley Award for her body of work.

Other shortlisted authors for this year's Writers' Trust prize include 1998 finalist Andre Alexis of Toronto for *Pastoral* (Coach House Books) and former Governor General's Award nominee Carrie Snyder of Waterloo, Ont., for *Girl Runner* (House of Anansi).

The list is rounded out by Steven Galloway of New Westminster, B.C., for *The Confabulist* (Knopf) and Toronto's K.D. Miller for *All Saints* (Biblioasis).

Jury members Neil Bissoondath, Helen Humphreys and George Murray chose the final-

ists from 127 books submitted by 52 publishers.

Organizers also announced finalists for this year's \$10,000 Writers' Trust/McClelland and Stewart Journey Prize, which recognizes short stories by new and developing writers.

They are Tyler Keevil of England for *Sealskin* (New Orphic Review) and Vancouver writers Lori McNulty for *Monsoon Season* (Descant) and Clea Young of for *Juvenile* (The Fiddlehead).

Winners will be announced Nov. 4 in Toronto.

THE CANADIAN PRESS

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Drug lord's wife becomes a detective

Gracepoint. Breaking Bad's Anna Gunn co-stars in new adaptation of British murder mystery

How would you react if Skyler White pulled you over in a police car?

That became a reality for some L.A. residents when the actress who played a drug kingpin's wife on Breaking Bad put on a cop uniform and joined an officer for a ride-along.

Anna Gunn was preparing for her new role in Gracepoint, premiering Thursday on Global, in which she plays a small-town detective investigating a child murder. The two-time Emmy winner recalled shadowing the officer as he stopped and questioned several people.

"I was like, 'What if they're Breaking Bad fans?' she said with a laugh. 'The officer said, 'Oh, no, that won't be a problem. You'll just say, 'Oh, I get that all the time.'"

Gunn, 46, used that excuse twice — and, to her surprise, it worked.

Gracepoint is the new adaptation of acclaimed British series Broadchurch. The show starred David Tennant and Olivia Colman as detectives in a picturesque community that is devastated after an 11-year-old boy is found murdered on a beach.

Tennant reprises his role



David Tennant, left, as Det. Emmett Carver, and Anna Gunn, as Det. Ellie Miller, star in Gracepoint. ED ARAQUEL/FOX

as a crotchety outsider with a hidden past in Gracepoint, replacing his Scottish brogue with an American accent. Meanwhile, Gunn takes on Colman's role as the warmer Det. Ellie Miller, who has a family and strong roots in the town (Oak Bay, B.C., posing as northern California).

Gunn said she was "swept away" after binge-watching Broadchurch, and was immediately drawn to Miller.

"I really loved the duality in her character, the fact that she was really strong but confident," she said. "She's got a soft heart. She believes deep-

ly in the goodness of people. I just loved that she had so many things going on at the same time ... She was trying to be a good mom and a good detective and a good wife."

Tennant recently admitted he was nervous to meet Gunn and see if he could recreate the strong working relationship he forged with Colman. Gunn agreed she felt anxious before meeting her co-star.

"I did feel a little bit of nerves, but they evaporated as soon as I met him," she said. "He's very funny and open. He's truly a lovely human being ... I think we just

both approach working in a similar way."

On such a dark and dramatic series, she said it was important to both of them to find the humour between the two characters. The duo also found ways to lighten the mood on set, often singing the theme to Cagney & Lacey.

"It probably drove everybody else mad, but we seemed to find it amusing. Every single time he just cracked me up," she said with a chuckle. "Those days were so long. The story is so intense and heart-wrenching, you can't stay entrenched in that for 15 hours.

Quoted

"I just loved that she had so many things going on at the same time ... She was trying to be a good mom and a good detective and a good wife."

Actress Anna Gunn, on her new role as Det. Ellie Miller in Gracepoint

It just depends on the scene, but in general it's very helpful to laugh and keep yourself loose."

She said she felt "so lucky" to work with Tennant after having such a close relationship with her Breaking Bad co-star Bryan Cranston. Gunn won her second Emmy in August for her role on the wildly popular series.

"It was the culmination of this tremendous journey and this amazing ride," she said of the recent Emmys, in which the show won five awards including outstanding drama series. "We just felt very, very lucky. It was a cohesive, tight, close-knit family."

The early episodes of Gracepoint are similar to Broadchurch, but it has a bigger-name cast, including Nick Nolte and Jacki Weaver, 10 episodes instead of eight and a different ending.

Canadian actor Kevin Zegers, who plays small-town reporter Owen Burke, said the show is "diametrically opposite to 95 per cent" of what's on television.

"It's like a really, really good movie that happens to last 10 hours," he said. "Whether I were in it or not, this would be a show I would be watching."

Unlike Gunn, Zegers chose not to watch Broadchurch ahead of time.

"They hired very different actors from the original show," he said. "I didn't really want to get muddled with copying what someone else had done. So I kind of just wanted to walk into it with my idea of who this guy was."

Burke is more accustomed to reporting on the local elementary school's field day than grisly murders. But when Danny's death attracts a scoop-hungry journalist (Jessica Lucas) from a major newspaper, he is forced to decide whether to use his intimate knowledge of Gracepoint's residents to his advantage.

Zegers, a 30-year-old actor who hails from Woodstock, Ont., said his character is more "lazy" than his Broadchurch counterpart.

"He's kind of nonchalant about everything. He's not that uber-focused guy that was in the original show," he said. "So, you know, playing lazy is kind of easy. You just kind of have to show up. But once the fire is lit under him, I think much more of his aspiration is to do the right thing."

THE CANADIAN PRESS

GLAAD. More gay characters appear on TV this season, especially cable shows

By the numbers

3.9%

In the 2014-15 season, GLAAD's study found that 3.9 per cent of 813 characters regularly seen on prime-time network scripted series will be lesbian, gay or bisexual, a total of 32 characters.



Laverne Cox THE ASSOCIATED PRESS FILE

nomination nod.

The overall on-screen progress comes as the lesbian, gay, bisexual and transgender community has made social and political strides that include legalization of same-sex marriage in some U.S. states and the end of a military ban on openly gay service members.

THE ASSOCIATED PRESS

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Empire. Naomi struts her way into a seductive role

Supermodel and actress Naomi Campbell will play a recurring character on the new hip-hop drama *Empire*, which premieres early next year on Fox.

Hailing from Lee Daniels and Danny Strong (*The Butler*), *Empire* centers on Lucious Lyon (Terrence Howard), a former music star turned hip-hop mogul.

Diagnosed with a terminal illness, he must choose which of his three sons will take his place at the head of his record label. Stopping at nothing to

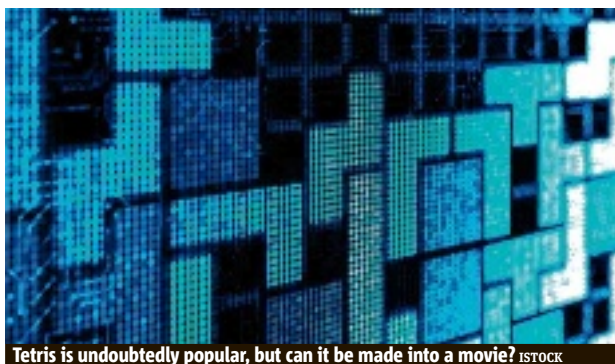
protect his dynasty, he faces additional pressure from his ex-wife Cookie (Taraji P. Henson), who is back on the scene after serving close to two decades in jail.

Campbell will play Camilla, a seductive woman having a torrid affair with one of the potential heirs.

"Naomi is a beautiful actress. Underrated in my mind," said Daniels. "She will be wonderful as Camilla. I am truly thrilled to have one of my close friends join us." **AFP**



Naomi Campbell GETTY IMAGES FILE



Tetris. Shapely superstar finally hits the big screen

The classic videogame Tetris, in which players must slot a cascade of tumbling blocks together, is being turned into a science-fiction movie.

Tetris has been a mainstay of computer gaming since it was created 30 years ago, but the shape-shifting puzzle doesn't seem like an obvious subject for a big-screen adaptation.

Threshold Entertainment said in a statement that it is partnering with The Tetris Company to develop the film.

"Everyone knows that Tetris is one of the best-known, most-beloved brands in the world," Threshold chairman Larry Kananoff said. "What everyone

doesn't know yet is this epic sci-fi story that we're going to tell. That's what's really exciting."

Threshold has already scored some game-to-movie successes, notably two *Mortal Kombat* films. Henk Rogers, the managing director of The Tetris Company, said the game feeds our "innate desire to create order out of chaos."

"You'll soon find out, there's much more to Tetris than simply clearing lines," he said.

Tetris has been downloaded more than 425 million times as a paid-for app on mobile devices, and is played more than a billion times online annually, according to the statement. **AFP**

Movies

Cast of Magic Mike XXL gets extra-larger

Actress Elizabeth Banks, recently seen in *Walk of Shame*, and Donald Glover, the comedian known for his role on *Community*, have joined the sequel to *Magic Mike*, the male stripper movie starring Channing Tatum.

The cast seemed to have been finalized a few weeks ago with the last-minute additions of Amber Heard, Andy McDowell and Jada Pinkett Smith, especially since *Magic Mike XXL* entered production in late August.

The announcement of the new cast members arrives along with the first synopsis. Three years after his retirement from stripping, Mike and his former back-up dancers decide to reunite for one final spectacular performance.

Channing Tatum, Matt Bomer and Joe Manganiello return in the sequel, which is due to open on July 1, 2015. **AFP**

Music



Andre 3000 GETTY IMAGES FILE

Andre 3000: 'Will I be the Hey Ya! guy forever?'

Grammy-winning rapper Andre 3000 says he hasn't figured out what to do next in music. His last album with his best-selling group Outkast was in 2006. Their hits include *Ms. Jackson* and *Hey Ya!*

Andre 3000 said in a recent interview that he feels "self-doubt" and wonders at times if he already had his last shot at musical success. He says pondering the next career move is "really scary and really exciting at the same time."

The 39-year-old is the star of the Jimi Hendrix biopic, *Jimi: All Is by My Side*. **THE ASSOCIATED PRESS**

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Taylor Swift ALL PHOTOS BY GETTY IMAGES

Want to date Taylor Swift? Learn to ignore all those other guys with cameras

Taylor Swift is going to have to find a new source of inspiration for her songs because she's perfectly happy staying single for a while.

"Dating or finding someone is the last thing on my mind, because I can't picture how it could work with the way my life is," she tells *British Vogue*. "I don't know how a guy is supposed to walk next to his girlfriend when there are 20 men with cameras, and he can't protect his girlfriend because that's the life she chose."

Gotcha. We

should expect lots of songs about the paparazzi in the future.

The usually creative Swift is apparently baffled by how to work a romantic relationship into this famous-person setup. "I just don't see how it could work, so I don't think about it and I kind of run from it when it presents itself," she says, adding that men have still been trying to woo her. "They think that they would want to get to know me and maybe date me, but I don't think they want what comes with it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Facebook films offer new dawn for frustrated Twilight fans

NED
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Metro in Hollywood

You thought our Twilight days were behind us, didn't you? Well think again.

Series creator Stephenie Meyer (who would rather you not ask about Twilight follow-up the Host) is looking for five aspiring female directors to create short films for Facebook based on Twilight characters.

I'm honestly torn here. On the one hand, creating high-profile opportunities for aspiring female directors is awesome and should be encouraged. But on the other hand, Twilight.

I just don't know what to think.

Adding some highbrow validity to the project? The panel that will be selecting those filmmakers: Kristen Stewart will be joined by Frozen director Jennifer Lee, original Twilight director Catherine Hardwicke, producer Cathy Schulman,



Stephenie Meyer

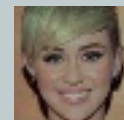
Modern Family star Julie Bowen and Oscar winners Octavia Spencer and Kate Winslet.

And Lionsgate, the studio financing the whole deal, knows how to be vague and threatening.

"We think Facebook is a great way for us to introduce the world of Twilight to a whole new audience, while re-energizing existing fans," vice-chairman Michael Burns tells the *New York Times*. "This is just the beginning — a template, if you will. You can probably guess what's coming next."

Don't play coy with me, Burns. Just tell me that I'm not done covering Twilight films yet. Team Neither forever, yo.

Twitter



@MileyCyrus

Why do DJs play my songs at the club like I haven't done over 80 Bangerz tour shows and sang this song 10 billions times #overit



@MarkDuplass

Proceeding with the assumption that people are, essentially, good. Tomorrow should be interesting.



@pattonoswalt

Tonight my daughter said, "I don't think I hate anyone." Challenge accepted.



Gwyneth Paltrow

Gwyneth's mom wants to know how Martha could be so cruel

Hey, remember a couple of weeks ago when Martha Stewart called out Gwyneth Paltrow for aping her lifestyle guru shtick? Here's a refresher, just in case: "If she were confident in her acting, she wouldn't be trying

to be Martha Stewart." Martha Stewart said. Well, Paltrow's mom, and longtime Stewart pal, Blythe Danner is less than thrilled. The *National Enquirer* reports that Danner "asked Martha how she could say such a cruel thing about her daughter," a source says.

Stewart's response? She said that "she was just calling 'em as she sees 'em. Blythe was disgusted."

They say you could feel the earth tremble in East Hampton.

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Ex-panting your horizons: It's a new dawn for denim

Beyond blues. Fashion experts dish on five fresh fall denim styles for women

Women seeking to diversify their denim from traditional basic blues can expect to see fresh hues, prints and updates of popular styles in jeans on offer for fall. Denim experts dish on five fresh styles.

Black denim

After months of seeing jeans bathed in a range of hues, it's back to black in a big way for the colour that seems to transcend seasons.

"Black is essentially the new denim," said Gap Inc. spokeswoman Heather Hopkins. "It is the most wearable colour for many people, not just in terms of colour, but in terms of silhouettes and shapes and how it flatters one's body, too."

Toronto-based image consultant and personal stylist Lisa McLatchie offers a free copy of Denim DNA for visitors to her site (lisamclatchie.com), to help individuals select the best jeans for their body type.

As workers wear jeans more regularly to the office, McLatchie said a darker wash gives women a dressier alternative for day. What's more, it offers women who may be more self-conscious about the lower halves of their bodies another more slimming dark-hued option.

"It's even one step above the dark blue for minimizing areas they may be self-conscious of," McLatchie said.



Are you up on all the new ways of brandishing your bottoms? ISTOCK

Plaid

Pretty prints like florals and stars have lent eye-catching detail to denim in recent years. But tartans are also emerging as a statement-making pattern.

"I would say sort of the only rule with patterns is if a woman is a little bit curvier, she'd want to avoid patterns that have

more straight lines in them. A plaid could be tricky for somebody who has fuller hips and is a bit curvier," said McLatchie. "Women with curvier lower halves would maybe want to stick with some sort of geometric print or abstract or floral, polka dots ... as opposed to lines and stripes and plaids."

McLatchie said when selecting prints, consider sticking with patterns that are in the same scale as body proportions.

"A lot of women think that if it's a larger print and they're a larger woman, they can't get away with it. But it actually is more flattering to do it that way."

When it comes to teaming printed jeans with tops, McLatchie recommends keeping the garment on the upper half of the body in a

solid neutral. But women can still have fun and mix prints and patterns and a bold range of colours if they so choose, she noted.



THE DESTRUCTED ALWAYS SKINNY JEANS (\$79.95), FROM GAP AND THE 1969 PLAID ALWAYS SKINNY JEANS (\$84.95) FROM GAP. GAP.COM

Complement your curves

"A lot of women think that if it's a larger print and they're a larger woman, they can't get away with it. But it actually is more flattering to do it that way."

Lisa McLatchie, image consultant and personal stylist

"You can still go for things that still have a different texture that pick up a colour that's in the jeans, like a cable-knit sweater or mohair or angora," she said. "You're still adding some sort of visual interest and element with the texture as opposed to the pattern."

The boyfriend

The comfy boyfriend style offers a hybrid of both slim and relaxed styles, and a new variation on the horizon for fall is being offered with the cuffs pre-rolled. Nigel Seebaran, menswear buyer at Over the Rainbow, a premium denim boutique in Toronto, said the cuffed style pairs well with flats or cropped boots.

"I think it's a great look for the fall because it gives your denim a little more depth and a little more of that relaxed look," he said, noting that pairing the jeans with a looser shirt offers an "effortless chic."

Looking to dress up the boyfriend? Consider teaming them with a pair of wedges or heels, Seebaran said.

Distressed denim

Distressed denim is best for women seeking a more laid-back style. While it pairs well with classic runners, Seebaran said the look can be made more upscale with a pair of flats or shoes showcasing a bit of lift and flash.

"Dress them up with a great black bootie, which will give you a great contrast," Seebaran said. "For a great pop of colour, throw on your favourite heels with them. Just being able to have a little bit of stacking at the bottom with a nice skinny jean will give a great look."

THE ASSOCIATED PRESS

Let's hear it for the boys

While men may not have as vast a range of denim selections at their disposal as women, there are still ways for guys to shake up their ensembles while incorporating jeans into the mix.

- Fashion expert Glen Baxter said a cross-Canada survey conducted by Mark's found that the top reason men say they buy and wear jeans is for comfort. Baxter is collaborating with the homegrown apparel retailer to help men seeking to transition their warm-weather wardrobe into the cooler months with new denim.
- For men in need of an everyday pair of jeans for running errands, Baxter said a well-fitting, medium-wash pair or one in a relaxed fit are likely their best bets. But for a look that can translate to fit more upscale occasions, a darker-hued option may be the way to go.

3
LIFE

BAYSHORE FASHION FILE

BAYSHORE SHOPPING CENTRE ANSWERS YOUR FASHION & BEAUTY QUESTIONS.

Q: ARE LEGGINGS APPROPRIATE TO WEAR TO THE OFFICE? - L.H.

A: As with most questions of this sort, the answer will always vary depending on the situation. Generally speaking, leggings are not appropriate office wear. Unless you are working in a creative environment and rocking your leggings with the 'must-have' shoe of the season, chances are you will be better off with a chic pencil skirt or a slim fitting pair of pants.

When in doubt - classic and elegant is always best!

Q: ANY ADVICE FOR DRESSING ON A BUDGET? - J.M.

A: With so many great options out there this time of year, dressing on a budget has never been easier! Stick with the basics, in quality fabrics, and keep your look fresh by adding inexpensive accessories. Bold jewellery, a stylish shoe and an oversized bag need not break the bank.

Visit Forever 21 and H&M for an amazing array of well-priced clothing and accessories!

Q: HOW DO I ADD DRAMA TO A DAYTIME LOOK, FOR AN EVENING OUT? - S.D.

A: To spice up your daytime look for a night on the town, add a statement necklace or bold earrings to your classic black pantsuit or simple fitted dress. Next step? Makeup! Master the art of a smokey eye and a bold lip, and you will be sure to turn heads - and maybe break some hearts while you're at it!

ANGIE RUSSELL | MARKETING DIRECTOR, BAYSHORE

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Getting reel on the runway

Model media. Julia Restoin-Roitfeld directs short film for Stuart Weitzman campaign

For its latest short film, the shoe label Stuart Weitzman enlisted the help of a budding filmmaker: Julia Restoin-Roitfeld.

She has already been a spokesmodel for several luxury brands (Lancôme, Sisley, Givenchy) and is the daughter of one of the most respected names in fashion (Carine Roitfeld). But she's not stopping there.

Julia Restoin-Roitfeld decided to go behind the camera to direct Stuart Weitzman's fourth short film, Rock Roll Ride, in which models Poppy Delevingne and Dylan Penn present a few pieces from the fall-winter collection to the sound of the Lana Del Rey track Ride.



Julia Restoin-Roitfeld

FEATUREFLASH / SHUTTERSTOCK.COM

The brand's previous short film was directed by Nino Munoz and featured the actress Zoe Saldana.

AFP

Trends Report

The recent whirlwind of fashion shows has got this reporter spinning with inspiration. Go online to Trends Report to see why I'm obsessed with this dress from Chloe's SS15 collection shown in Paris, and see how top designers are bringing broderie anglaise

back into the 21st century.

• **Online.** metronews.ca/trends-report

• **Follow** Irene on Twitter @MetrolreneK and Instagram @kuanirene

Photo: Getty Images



Garments for good

Stella McCartney creates lingerie line in support of fight against breast cancer

London-based designer Stella McCartney, who lost her mother to the disease, is supporting Breast Cancer Awareness month with a neon-pink lingerie range.

Taking place this October, Breast Cancer Awareness month is a global initiative to fight the disease, and Stella McCartney is doing her bit. The designer, who showed her latest Spring/Summer 2015 collection this week in Paris, has put together the 'Gemma Relaxing' range.

"I wanted to remind women that when they wear this set, the first thing they put on in the morning, to keep on top of their health and visit their doctor regularly" explained McCartney. "I wanted it to be the initial starting point of awareness of this terrible illness. Not only does the set serve as a healthy reminder, but it looks great, fits incredible well, and is comfortable and stylish"

AFP

Canadian street style

Spotted in: Toronto

Name: Chason

Age: 23

Occupation: Crocheter and student

What she's wearing:

All vintage from Toronto second-hand stores. Shoes, purse, and dress from Black Market on Queen St., frames from a kiosk in Kensington Market.

Her inspiration:

"I am inspired by bold prints, specifically Kente prints from West Africa."

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DESIGN CENTRE
Karl Lohnes
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Cause for thought

A message for a cause, designed by yours truly. Proceeds go to Breast Cancer research. Karl Lohnes' Queen doormat, \$35, CarpetOne.com/Welcome-a-Cure



Diamonds under the soles of their shoes



Loft-style durability. Just roll it out and cut to size or go wall-to-wall in your foyer. Diamond Deck Metallic Graphite Door Mat, 3x5 ft., \$38, HomeDepot.ca

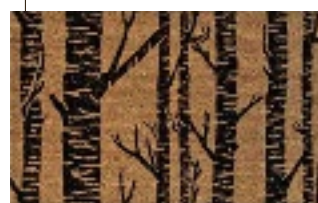
A step in the bright direction

Completely washable with a burst of cheery colour. Chilewich's Multi Shag Door Mat, \$50, UrbanMode.com



In your neck of the woods

Modern birch stencilled on coir for the front door. Forest Floor Mat, \$29, ZoneMaison.com



Feet and greet

Leave your formalities at the front door. Baroque Welcome Doormat, \$15, Walmart.ca

Where the wild tulips are king

Spring bulbs. Wild tulips are hardier and bloom longer, thriving where familiar hybrid varieties struggle

Maybe it's time to rethink the way we landscape using tulips.

True, the familiar, large, goblet-shaped blooms make a colourful springtime splash grouped in beds and pots.

But those hybrids are softies compared to their wild ancestors — species tulips growing in unforgiving sites from Algeria to China. They thrive in problem areas.

Sturdier than their classic cousins

Tulips are not native to Holland, but growers there over the past 400 years have built an industry around developing hybrids for the commercial trade. Their classic

tulips perform best with fertile soil and an ample moisture supply.

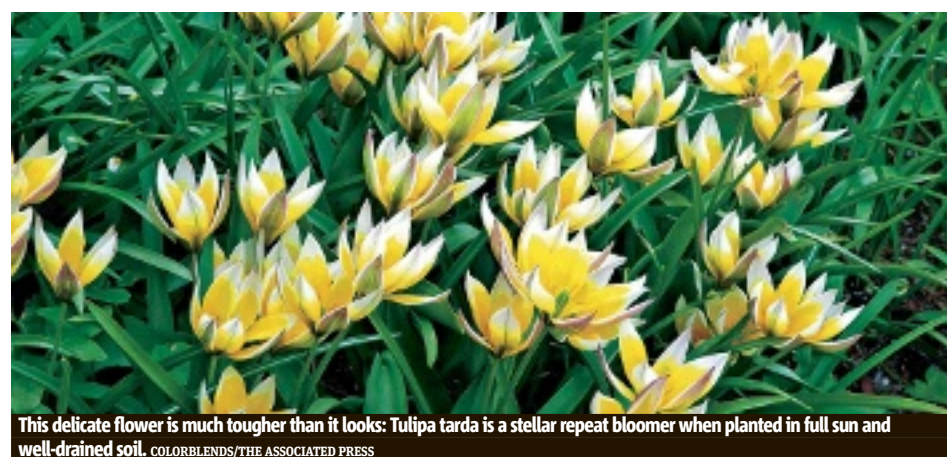
That's not the story, however, with clones of the botanical or species tulips. Those you can plant and forget. Neglect them. Sear them under the sun. Simply scratch the small bulbs into some gravel or tuck them into rocky crevices and they'll survive that austerity just as they have the harsh, hardscrabble mountain conditions of Afghanistan, Switzerland, Kazakhstan, Turkey or Mongolia.

...and they're very adaptable "Wild tulips are better adapted to difficult conditions," said Christian Curless, a horticulturist for the flower bulb company Colorblends.com.

"They're happiest with parched conditions in summer — places where the grass dries up," he said. "These are the kinds of flowers you can plant in a rock garden or elevated a little bit for good drainage."

Botanical tulips differ visibly from their hybrid progeny.

"They tend, in general, to be smaller — finer in flower and in foliage," Curless said.



This delicate flower is much tougher than it looks: Tulipa tarda is a stellar repeat bloomer when planted in full sun and well-drained soil. COLORBLENDS/THE ASSOCIATED PRESS

"They have more of a starry-eyed look to them."

Wild tulips have been trendy in Europe since they were introduced by botanical expeditions in the early 20th century, said Eric Breed, a Dutch bulb expert and tulip hunter. "Also, in the U.S.A., they have been popular since the 1960s and '70s when large numbers became available from nurseries in Holland," he said.

Plant early in the fall

Like most spring-blooming bulbs, species tulips should be planted in the fall. Get

them in the ground early enough so their roots can develop before the soil freezes.

Skip the fertilizers and go easy on the watering. "Moisture can be a problem," Curless said. "Too much love."

Long-lived blooms

Species tulips aren't perennials but they do live longer than the familiar standard varieties, with bulbs producing blooms through at least several seasons. Their bloom period ranges from early spring well into June. They perform best in USDA Zones 3 to 7.

Shop for labels specifying the genus Tulipa, about 100 species of which have been cloned for domestic use.

Animals love wild tulips, too!

One caution: Although species tulips are better at handling harsh growing conditions than are most modern-day tulip hybrids, they're just as vulnerable to predation.

"In my (Connecticut) garden, chipmunks devastate them," Curless said. "So will deer, voles and squirrels if they know where they are."

THE ASSOCIATED PRESS

BASIC OBEDIENCE DOG TRAINING

Orientation/Registration:

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OVERBROOK COMMUNITY CENTER

Wednesday, October 8th from 6-7pm
BEACON HILL NORTH COMMUNITY CENTER



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Use moulding to create wall designs that showcase art or add textural interest. ISTOCK

Picture your perfect moulding pattern

DIY. Walls make a great canvas for designs made from moulding

Visualizing the perfect home renovation and actually doing it are two completely different things. More often than not, it's not as easy as the pros make it look. For instance, timing and costs can often be higher than expected.

Before losing hope, here is a small budget-friendly project with a big payoff: DIY moulding wall art. Instead of just using moulding to trim ceilings and door frames, this project shows how to use moulding to create wall designs that will command attention.

Location, location, location

The first step to moulding wall art is selecting a room and a design type that will suit its style. The living room or bedroom is a great place to start this type of project.

Mount moulding on to the wall to outline a bed instead of a headboard or build a large frame to showcase other items like a painting or an accomplishment.

Cut the moulding accordingly to create diamond shapes and sporadically place them along the wall to decorate a bare area. Moulding wall art can be adapted to look great in any room.

Mix it up

Local hardware stores will carry a variety of mouldings. Select a style that has a lot of detailing for a more complex look or something simpler that you can put your own twist on.

There are no limits to styling and designing. Layer the planks to raise the moulding, use square panels to produce a checkered look, or cut dif-

ferent shapes to create a pattern. Let your creativity run wild.

Tips & tricks

Once a room and a design type have been selected, sketch out a plan on paper to help visualize the final product and determine measurements.

Consider using medium-density fibreboard as it tends to be less expensive and can be cut and shaped easily. When mounting the moulding, use a nail gun or hanging strips to avoid damaging the wall.

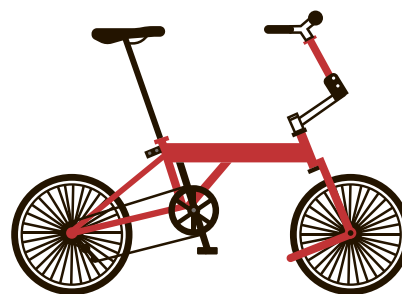
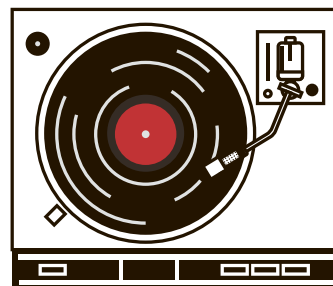
Be sure to paint the wood before mounting it to the wall. This will help prevent getting fresh paint on the walls, especially if it's a different colour.

When the project is complete, use sand paper, wood filler, and paint to correct and smooth areas.

Any way, shape or form

Moulding wall art can be adapted to look great in any room.

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Ottawa Food Bank



This recipe serves four to six. TRACEY KUSIECICZ/FOODIE PHOTOGRAPHY

**TOTAL
TIME
ABOUT 30
MINUTES**

Life for canned fish goes beyond casserole

Roasted Mackerel with Spanish Mash and Fried Leeks.

Bursting with flavours,
this dish is surprisingly
easy to put together

"On a recent trip to Barcelona, I enjoyed this mash at a tapas bar located in the grandest food market I have ever visited," writes Barbara-jo McIntosh in her book *Tin Fish Gourmet*.

Spanish Mash

1. Preheat oven to 200 F (93 C). Warm a casserole dish in oven.

2. In a large pot of boiling water, boil carrots for 4 minutes. Add potatoes and garlic, and boil for another 13 minutes. Add Swiss chard and boil for another 3 minutes. When carrots and potatoes are tender and ready to mash, remove pot from heat and drain.

3. In a food processor, briefly blend cooked vegetables with oil, salt, and pepper (do not over-process; a little texture is both pleasing to the palate and rustic to the eye). Taste for seasoning. Place in warmed casserole dish and cover.

Roasted Mackerel

1. Preheat oven to broil, with rack in middle.

2. In a small stainless steel (oven-proof) frying pan on

Ingredients

Spanish Mash

- 2 large carrots, peeled and chopped
- 1 medium Russet potato, peeled and chopped
- 1 clove garlic, peeled
- 2 large leaves Swiss chard, washed and cut into strips
- 2-3 tbsp Spanish olive oil
- sea salt and freshly ground black pepper, to taste

Roasted Mackerel

- 2 tbsp butter
- 1/4 tsp smoked paprika
- 4.4-oz (125-g) tin mackerel fillets in vegetable oil, drained
- Sea salt and freshly ground black pepper, to taste

Fried Leeks

- 2 tbsp vegetable oil
- 1/3 cup (80 ml) thinly sliced leeks

medium heat, melt butter. Stir in smoked paprika. Place mackerel fillets in pan, turning until completely coated. Place in oven and roast until brown and bubbly, about 3 minutes. Season to taste with salt and pepper.

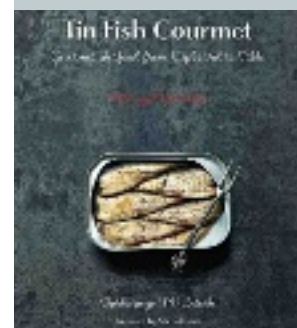
Fried Leeks

1. In a small cast-iron frying pan on medium-high, heat oil. Add leeks and fry for 2-3 minutes, or until crispy, then drain on paper towels.

2. Divide Spanish Mash between two serving plates. Place roasted mackerels on the mash, and top with crispy

Cookbook of the Week

Make tin fish exciting



There is no reason why you can't use canned fish to make exciting appetizers, snacks and even entrees.

In her book *Tin Fish Gourmet*, Barbara-jo McIntosh shares a range of recipes that will transform canned seafood such as salmon, tuna, oysters, mackerel, sardines, crab meat, anchovies and more.

The recipes are perfect for students, those on a budget or those with time constraints. Among the included dishes are Oyster Pot Pie, Corn and Salmon Fritters, Asian Shrimp Stir-Fry, Swiss Chard and Salmon Lasagna, Anchovy-Stuffed Dates and more. **METRO**

leeks. **FROM THE TIN FISH GOURMET: GREAT SEAFOOD FROM CUPBOARD TO TABLE BY BARBARA-JO MCINTOSH. (ARSENAL PULP PRESS, 2014).**

2022 Winter Games

Oslo latest to shun Olympics

The Olympics that no one seems to want is down to just two candidates.

Oslo became the latest city to drop its bid for the 2022 Winter Games after the Norwegian government rejected financial backing for the project on Wednesday amid concerns the games were too costly.

Oslo's exit leaves Beijing and Almaty, Kazakhstan, as the only two contenders.

Oslo is the fourth city to pull out of a race that has been thrown into turmoil in the wake of the 2014 Winter Games in Sochi, where the overall price tag was put at \$51 billion, scaring off politicians and taxpayers across Europe and leaving the International Olympic Committee with a major image crisis.

THE ASSOCIATED PRESS

Freestyle ski pioneer

Auclair fondly remembered after deadly avalanche

Canadian skier Jean-Philippe Auclair was remembered Wednesday as a freestyle pioneer who helped revolutionize the sport in its formative years before shifting to filmmaking and a focus on the more extreme side of the slopes, influencing a generation of athletes with his creativity and vision in the process.

"He was a creator," said former Canadian Freestyle Skiing Association CEO Peter Judge. "He saw the world in a different way."

The bodies of Auclair and fellow pro skier Carl Andreas Fransson were spotted by helicopter Tuesday in Argentina during a joint rescue operation by the armed forces and police in neighbouring Chile, The Associated Press reported.

They had been missing since an avalanche swept them away while they were hiking in southern Chile. Auclair, a native of Ste-Foy, Que., was 37.

Auclair was a strong influence in the burgeoning sport as it gained more mainstream acceptance.

THE CANADIAN PRESS

Lawsuit kicks off turf war with FIFA

Women's World Cup.

Some of the world's top players file action in Toronto a day after soccer body says 'no plan' for grass surfaces

A group of elite players has filed a lawsuit in Canada challenging plans to play the 2015 Women's World Cup on artificial turf.

The players, led by U.S. women's national team forward Abby Wambach, filed Wednesday in the Ontario Human Rights Tribunal in Toronto, lawyer Hampton Dellinger told The Associated Press.

The women claim that playing the sport's premier tournament on fake grass amounts to gender discrimination under Canadian law. Their male counterparts have always played the World Cup on natural grass surfaces, and will for the foreseeable future.

The players say they believe there is a greater risk of injury on turf and that an artificial surface impacts both how the game is played and how the ball behaves.

Among the athletes joining Wambach are U.S. teammate Alex Morgan, Germany's Nadine Angerer, Brazil's Fabiana Da Silva Simoes and Spain's Veronica Boquete.

"The gifted athletes we represent are determined not to have the sport they love be belittled on their watch. Getting an equal playing field at the World Cup is a fight female players should not have to



U.S. teammates Alex Morgan and Abby Wambach are in a group of elite players taking FIFA and the Canadian Soccer Association to court over the use of artificial turf in next year's World Cup in Canada. In this file photo, they celebrate a goal against Japan in the final of the 2011 edition of the tournament in Frankfurt am Main, Germany. FRIEDEMANN VOGEL/GETTY IMAGES

wage but one from which they do not shrink. In the end, we trust that fairness and equality will prevail over sexism and stubbornness," Dellinger said in a statement.

On Tuesday, a FIFA official visiting Canada said there were no plans to use real grass.

"We play on artificial turf and there's no Plan B," said Tatjana Haenni, FIFA's head of women's competitions.

But many players, including Wambach, have been voicing their objections since the bid was accepted. They sent a letter to FIFA and the CSA

in July, saying they were prepared to take the legal action.

Since then, there has been growing support for the women on social media, with celebrities including actor Tom Hanks and NBA player Kobe Bryant joining the cause. Tim Howard, the goalkeeper for the U.S. men's team, also voiced his support on Twitter.

"There's so many different debates around this. But the reality is, the men would never play (the World Cup) on field turf," Wambach told the AP. "So for me it's a women's rights issue, it's an equality issue." THE ASSOCIATED PRESS

The show goes on

Ticket sales have started well and organizers of the 2015 Women's World Cup of soccer have plenty of good stories to tell.

But thanks to the ongoing controversy of playing the Canadian tournament on artificial turf, not many of those storylines have got through yet.

Organizers hope to sell 1.5 million tickets to the 24-team, 52-match tournament next summer.

Canada through to FIBA quarters

Euphoric

"We're ecstatic to get to the top eight, the last time we got there was 1994."

Team Canada women's basketball head coach Lisa Thomaidis

pulling away in the fourth quarter.

"Our speed negates their size," Canadian head coach Lisa Thomaidis said on a conference call. "We really had advantages all over the floor with our speed and you could see it really was what (helped us)

dominate at the offensive end tonight."

Later Wednesday, France will play Brazil, Belarus will take on China and Serbia meets Cuba.

Canada finished third in its group phase after posting a win over Mozambique and losses to

Turkey and France. The Czechs, meanwhile, posted comfortable wins over Brazil and Japan before falling to Spain.

It was an impressive bounceback performance from the Canadians after a tough four-point loss to France a day earlier.

"These opportunities don't roll around very often. We had a great win at the perfect time but we've got to keep this thing rolling because we seem to be getting better each game," said Thomaidis.

THE CANADIAN PRESS

McDavid's talent inciting tank talk

Looking ahead. With top junior drawing comparisons to Crosby, chance to land No. 1 pick in 2015 could take sting off of losing this season

In a sport that doesn't exactly feature the language of saints and choirboys, there's a dirty, four-letter word that even hockey players don't want to hear: Tank.

Tank, in this case, refers to losing to guarantee a high draft pick. And no other year in recent memory is it considered a more popular route to take with at least two potential superstars in Connor McDavid and Jack Eichel on the board.

"I don't think any team's really doing that," McDavid said in an interview. "No NHL team, no OHL team, no team ever would purposely lose or tank or have a bad year for (a

Chances dwindling

The NHL has made it a little bit harder for the league's worst team to win the draft lottery.

- Now, the team with the fewest points has a 20 per cent chance of getting the

No. 1 pick instead of 25, the team with the second-fewest has a 13.5 per cent chance instead of 18.8 and the team with the third-fewest has an 11.5 per cent chance instead of 14.2.

high draft pick.)"

Lose on purpose? No, players on some of the league's rebuilding teams like the Buffalo Sabres and Calgary Flames aren't trying to lose, but it's no secret that a handful of organizations that are down on their luck could use the kind of boost McDavid or Eichel should provide.

Eddie Olczyk remembers from his time as coach of the Pittsburgh Penguins from 2003 to 2005 what it was like to lose, preach patience and hope.

"I know what we were trying to do in a similar situa-

tion," Olczyk said last week in Buffalo. "You do need that stud or two to come down the pipe."

For the Penguins, it was No. 1 overall picks Sidney Crosby and Marc-Andre Fleury and No. 2 overall picks Evgeni Malkin and Jordan Staal. Each of the past six Stanley Cup champions had at least one player picked in the top three: The Chicago Blackhawks' Jonathan Toews and Patrick Kane, Los Angeles Kings' Drew Doughty and Boston Bruins' Tyler Seguin.

McDavid, considered the front-runner to go first overall

in June's draft in Sunrise, Fla., might be the closest thing to a quick fix there is. The six-foot playmaking centre has drawn comparisons to Crosby since he was 15 years old.

Fans of bottom-feeding teams are already thinking ahead to what it would be like to have McDavid or Eichel next season. Of course the Edmonton Oilers and their three consecutive No. 1 picks and zero playoff appearances show that's not always a recipe for success.

But McDavid is supposed to be different: A once-in-a-generation talent who's worth a season's worth of losses. Still, the 17-year-old said he's not watching the standings or thinking about what jersey he'll be putting on in nine months.

"You can't really worry about that," McDavid said. "There's no second-class organizations in the NHL. They're all great spots. Wherever I'm fortunate enough to go, it'll be great." **THE CANADIAN PRESS**



Connor McDavid had 99 points in 56 games played with the OHL's Erie Otters last season and already has eight in the three he's played so far in Erie's current campaign. DENNIS PAJOT/GETTY IMAGES

Galácticos barely survive UEFA Champions League minnows



Real Madrid's Karim Benzema is congratulated by teammates after scoring the winning goal against Ludogorets Razgrad on Wednesday in Sofia, Bulgaria. Scan the image with your Metro News app for more Champions League results from around Europe. DIMITAR DILKOFF/AFP/GETTY IMAGES

Real Madrid's 10 European titles were no protection on the road in the Champions League on Wednesday.

Real Madrid trailed early against Bulgarian newcomer Ludogorets Razgrad, which was only formed as a club 13 years ago — in the same season the Spanish giant won its ninth title.

After Ludogorets' stunning sixth-minute opener, Cristiano Ronaldo had a penalty saved and then scored with a second

Race to catch Raul

69

Cristiano Ronaldo had a 10th-minute penalty saved by goalkeeper Vladislav Stoyanov, but soon got a second chance to convert and closed in on Raul Gonzalez's record of 71 Champions League goals in the group stage and knockout rounds. Ronaldo has scored 69 goals — not including one in a qualifying-round match — and leads Lionel Messi by one in what promises to be another season-long duel.

spot-kick in the 24th, before Madrid got substitute Karim Benzema's 77th-minute goal to

force a 2-1 win.

"We played as equal to Real and I am delighted with

our performance," Ludogorets coach Georgi Dermendzhiev said.

Ludogorets' fans have to travel 335 kilometres to watch their team play at the national stadium in Sofia because the club's 6,000-seat arena does not meet Champions League standards.

But the supporters had reason to celebrate early after Brazilian midfielder Marcelinho headed in a cross flicked on to the far post. **THE ASSOCIATED PRESS**

Breathalyzer test

Phelps blew close to twice legal limit

Police documents indicate that Olympic swimmer Michael Phelps registered .14 per cent on a breathalyzer test after he was stopped on a speeding violation.

The legal limit for intoxication in Maryland is .08.

The statement of probable cause by the Maryland Transportation Authority police also says Phelps' eyes were red, bloodshot, and "his speech was mushy."

THE ASSOCIATED PRESS

NBA training camp

Fans marvel at first Cavs scrimmage

LeBron James is back on the floor where he took his first steps in the NBA.

Four years after leaving for Miami, James, again wearing the familiar No. 23 wine-and-gold Cavaliers uniform, performed for Cleveland fans as the team held a scrimmage before a nearly filled Quicken Loans Arena.

After being introduced, James was welcomed with a deafening roar by Cavs fans, who got their first look at a team expected to bring the

city its first pro sports championship since 1964.

"I can't believe this," said 19-year-old Alex Krocker from Bolivar, Ohio. "I've waited my whole life for a Cavs team like this. It's crazy."

Moments after the opening tip, James reminded Cleveland fans what they've been missing. He was short with his first shot, a fade-away baseline jumper. But he grabbed his own rebound and calmly sank a three-pointer. He followed that with a two-handed dunk and later drove the lane for one of his signature slams.

THE ASSOCIATED PRESS

Brady moving on



"It's important not to ride the wave of emotion

of, 'Yeah, we're really great,' and, 'Yeah, we're terrible this week.' It doesn't serve any purpose other than to understand the things that you need to correct."

Patriots QB Tom Brady on recovering from Monday's 42-14 loss to the Chiefs.

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Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

No one doubts your dedication but are you dedicated to the right goals? The planets warn you should not aim at a particular target just because you think it is expected of you.

♉ Taurus

April 21 - May 21

Don't wait for permission to do something you know is right. Even the most agreeable Taurus should be more assertive when there is a higher good at work.

♊ Gemini

May 22 - June 21

You can afford to take a risk today where affairs of the heart are concerned. Don't be afraid to reveal your innermost feelings to the one whose affections you are after.

♋ Cancer

June 22 - July 23

A positive attitude is often enough to turn the tide, so look on the bright side of today and don't worry about tomorrow. The surge of confidence you feel should be enough to see you through this difficult phase.

♌ Leo

July 24 - Aug. 23

Sometimes change can be the best possible thing to happen. Bear that in mind today if you feel that things are moving fast.

♍ Virgo

Aug. 24 - Sept. 23

You don't like to see people you care for make fools of themselves but it seems they are pretty determined about it, so what can you do?

♎ Libra

Sept. 24 - Oct. 23

There is an easy way and a hard way to get to your destination. The easy way is to co-operate with people you don't always get along with. The hard way is to try to do everything yourself.

♏ Scorpio

Oct. 24 - Nov. 22

It seems you are having second thoughts about a project. Yes, it's going to be tougher than you expected. Have faith in your abilities and be willing to work harder than everyone.

♐ Sagittarius

Nov. 23 - Dec. 21

There are some things that can only be done as part of a team. You may be eager to get things started but until those you work with are ready to begin, you won't make much progress.

♑ Capricorn

Dec. 22 - Jan. 20

Even the most ambitious of Capricorns will be at peace with the world today. No matter how much you are provoked you cannot be bothered to react.

♒ Aquarius

Jan. 21 - Feb. 19

The Sun and Venus in one of the best areas of your chart means you can see the positive side of most situations. Have a laugh.

♓ Pisces

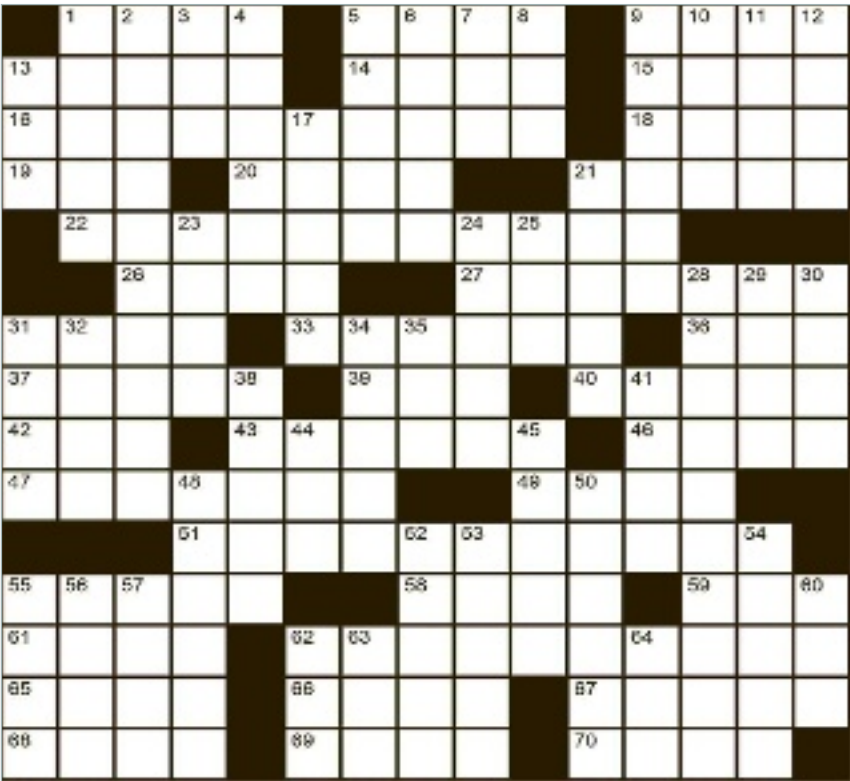
Feb. 20 - March 20

Act on the assumption that there is no such thing as chance. If something unusual happens today there is sure to be a reason for it and your job is to find out what it is.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Belonging to "The Silence of the Lambs" (1991) gr.
5. Mine passage
9. Plundered, archaically
13. Guitarist Ms. Boyd
14. Art ____
15. Gulf leader [var. sp.]
16. They're still flying with the same design since 'No' won in Scotland: 2 wds.
18. Fodder tower
19. Gladiator's 250
20. L'amour ____ vie (Love of my life)
21. Mr. Goat
22. Song in which #65-Across has "been a miner": 3 wds.
26. Oman money
27. Enjoy yourself: 2 wds.
31. Target
33. Personhood proof: 2 wds.
36. "____ Maria"
37. ____ Loops (Kellogg's cereal)
39. Chicago building, ____ Center
40. Dealership delivery?
42. 'Ear'-meaning prefix
43. Honda luxury cars
46. Aloud
47. Cute baking/serving bowl
49. Math class [abbr.]



51. Annabelle in new horror flick
"Annabelle" (2014) is a what?: 2 wds.
55. Poe's bird
58. Ristorante wine
59. Away
61. Country's Mr. Jackson
62. Sarah McLachlan

- song that starts: "Hey, your glass is empty...": 2 wds.
65. Mr. Young
66. Keen
67. Picnic playwright William, and surname-sakes
68. Abnegate
69. Knight's beloved

70. "____ gut!" (Very good, in German)
Down
1. Toronto intersection/neighbourhood, Jane and ____
2. One of RMS Titanic's six: 2 wds.
3. Veil heroine
4. Comedian Ms.

- Bernhard
5. Canadian actor Mr. Ruggiero
6. Coffee choice
7. "Gross!"
8. Fros' friends
9. Live somewhere
10. "____ and the Detectives" (1964)
11. Plug

12. Iliad site
13. Hockey great Mr. Robitaille
17. "Kiss of the Dragon" (2001) star: 2 wds.
21. LA's Sunset, et al.
23. "Bed Peace" songstress, Jhene ____
24. Accra's locale
25. Boat implement
28. 1957: Canada's first female Cabinet Minister, Ellen Louks ____ (b.1905 - d.2004)
29. Eye part
30. Foster flick
31. "Dial ____ Murder" (1954)
32. "Thou ____ lady." - King Lear
34. Faze
35. ____ anglais (English horn)
38. BTO's "____ Care of Business"
41. ____ shirt
44. Li'l Ohio city
45. Play part
48. Equally
50. Aphrodite's beau
52. Bypass
53. Elated
54. Sporty sledder
55. Author Ayn
56. Sailing side
57. Egotistical
60. Ordinal suffixes
62. Lass
63. Lab eggs
64. Unitary

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

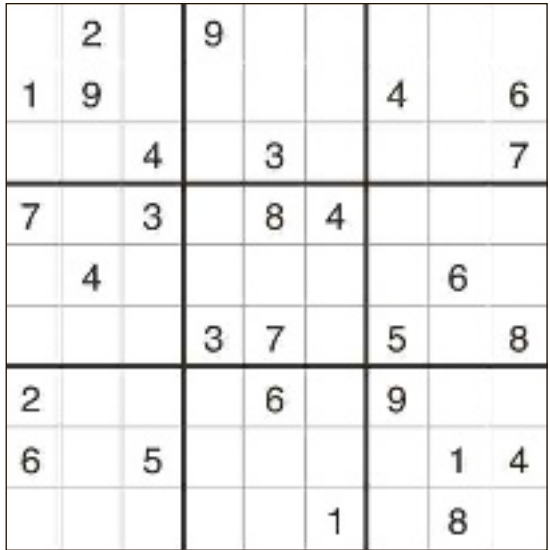


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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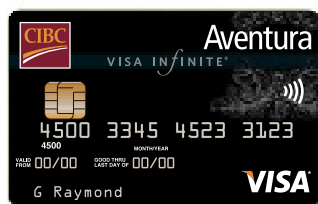


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